Gina: You're listening to the Healthy in Real Life Podcast, episode number 49.

Speaker 2: Welcome to the Healthy in Real Life Podcast, bite-sized tips for healthy living that you can implement right now. Join us weekly for interviews and real life advice for creating the happiest and healthiest version of yourself. Here's your host, fitness expert, author and mom of two Gina Harney.

Gina: Hey everyone. Welcome back to the show. This is Gina, creator of The Fitnessista blog and brand. I'm so excited that you're here. Thank you so much for tuning in today. Today we are chatting all about running. So I'm very excited for this episode. Whether you are a seasoned runner or a sporadic runner like myself, or if you are someone who wants to get into running, chatting with my friend Amanda Brooks and she shares so many awesome tips and tricks and I really hope you love this episode.

Gina: Before we dive into this one, I wanted to share this week's five star review. Thank you so much to those of you who have taken a time to leave a rating or review for the show, it means so much to me. It also really helps the visibility of the podcast, because of course people are going to check out the reviews before they decide to listen. So any review you can send, well, any good review you can send, I just really am so thankful for you taking the time to do that. Because it's helping me to grow the show and we can keep getting even more awesome guests.

Gina: So this week's five star review, it says, "Love this podcast. I always look forward to the genuine kind and positive conversations with the guest. Wellness can be so negative and self-deprecating, and this podcast always is motivational and uplifting. Thank you for bringing happiness to the wellness world."

Gina: Thank you so much. That means the world to me and that's absolutely the goal here is just to make fitness and health fun and attainable and share some inspiring, enjoyable conversations with you guys. So that means the world to me. If you guys wouldn't mind just taking two minutes to leave that five star rating wherever you're listening, Apple podcast, Spotify, Google Play. And as a little thank you note, if you just head to fitnessista.com/podcastreview, so F-I-T-N-E-S-S-I-S-T-A.com/podcastreview, and I will give you a copy of my Bar Blast workout for free.

Gina: So before we dive into this episode, I wanted to tell you guys about Daily Harvest. I have been using Daily Harvest for probably, oh my gosh, four years now, at least three years, since we were in San Diego. And it has been such a game changer for me. I love their smoothies, they have bowls, they have soups, they have little bites that are very delicious. But basically what they are, are super fresh ingredients and you blend them together to make some type of delicious snack or meal.

Gina: For the smoothies, I'll add some almond milk and some protein powder and that is my lunch very frequently, because I'm often out the door running around. And it's just a guarantee that I get a ton of nutrients at once and I didn't have to take the time to wash and prep everything myself. So for busy a friends out there, it is such a lifesaver. I also love their overnight oats. They have a pumpkin one that is delicious. You just add almond milk, stir it up and the next morning it is waiting for you ready to take out the door. They also have chia pudding, I really love their bowls. They'll have tons of veggies in there. And I'll often add a protein, so I might add in some leftover chicken from the night before or some tuna, and just kind of saute it up and lunch is served in five minutes.

Gina: So I really hope that if you give it a try, you love it as much as I do. I've got a discount coat for you. So if you head to Daily/harvest.com, so it's daily and then a hyphen harvest.com. And you'll just enter the code Fitnessista, so F-I-T-N-E-S-S-I-S-T-A at checkout, and you'll get $25 off your first order. So I hope that you guys love it.

Gina: So let's get into this week's episode. I'm so excited because we're chatting with a really good blog friend of mine. Her name is Amanda Brooks and she blogs over at Run to the Finish. If you haven't checked it out, I'll have all the links so that you can connect with her in the show notes. But she posts so many amazing tips for living a healthy, active life, especially if you're a runner. So very running specific posts. And if you are not a runner, I don't want you to be like, "Ooh, I don't want to listen to this episode." We talk about a ton of different things that I think that are applicable to whatever types of workouts that you enjoy.

Gina: So here's a little bit about Amanda, if you're not familiar with her, she is a running author who helps others get out of their own way to achieve major goals in running, while remembering to love the journey. She's been recognized by GREATIST, Women's Health and others, as a top fitness blogger in her over 12 years of writing. So we're kind of part of the OG healthy living fitness blog world. So we've known each other for quite a while. She's so fun, and like I said, her blog is amazing, so I hope you check it out. She also has a new book that will be out in March. You can pre-order it now the link to that is also in the show notes.

Gina: And in this episode, we are talking about tips for beginning runners, what to do about knee pain, preventing injuries, race day mentalities, tips for getting faster, and so much more. So I hope you love this one. Welcome to the show Amanda.

Gina: Hey Amanda, thank you so much for being on the show today.

Amanda: So glad to be here.

Gina: I am so glad you're here. I just wish that it could be in person, but this is the next best thing I guess. But for the three people who are listening who might not have heard of you, would you just mind sharing a little bit of background info about yourself, and what made you fall in love with running?

Amanda: Sure. So I started Run to the Finish way back in 2007. I consider you and I some of the OGs of blogging; we've been around a while. And really it was one of the things where at the time I started the website because I needed a community, I didn't have anybody around me who ran and that was my place to find it. And I feel really lucky that it's turned into so much more. I had a journalism degree, I've always wanted to be a writer. And so I think just over the years it kept morphing. And my love of researching things combined with my love of running really turned into these really in depth articles that helped people figure things out. Whether it was an injury or how to train for that sub-2 half marathon. I love it when people come to me with that.

Amanda: And really, my love of running started my junior year of college. So I was always an athlete, but that was the year that a number of friends decided they were going to do a road trip. And they were going to run the Rock and Roll Nashville half marathon, and I needed to be part of this road trip. So I decided I just needed to start running. That was really all there was to it. And luckily at that age, your body can handle the fact that you have no idea what you're doing, and you do everything wrong. So it was hard, and I consider myself athletic but not a natural runner. And yet, I finished that race and just thought, "Oh my gosh, I am so proud of myself in this moment in a different way than I can recall feeling before." I did something hard, genuinely hard for me and I chose to do it, and still finished it. And I think honestly that's a lot of what's continued to drive me since then.

Gina: I love that so much. And the feeling after a first race, there's nothing like that. And just like you said, you feel so proud of yourself for sticking with it and doing something hard. How old were you again when you said that you did that?

Amanda: So I would have been 20, yeah.

Gina: Okay. So what did you do up until that point? Were there any fitness classes you took, or anything that you really liked doing? Or were you just like, "I'm just going to run a race this weekend, and I've never trained before."

Amanda: So all the way through high school, I played sports. And then going into college, I still played volleyball recreationally. But I worked out. I think I probably spent a lot of time on the elliptical and walking around. Honestly, now I look back and I'm like, "I don't know what I did, but I know I was active all the time."

Gina: Yes.

Amanda: It's very funny. I'm like, I may be picked up a weight, but we didn't do that much weight lifting then it wasn't a thing unless you were on one of the sports teams.

Gina: Okay.

Amanda: And that's too bad. I wish it was different, but it just wasn't a thing in 2002 in college. So I was definitely active and I did walk a crazy amount, and that's even how I built up my running. There was a lot of run walk to start.

Gina: I think that's such a smart way to do it. To just run for maybe 30 seconds and see how you feel and walk for a few minutes, and then 30 seconds walk for a few minutes, and then you can just increase the amount of time you're running, and decrease the amount of time you're walking. It's such a easy way to get into it. I feel like when people are like, "Oh I want to run," they feel like they have to run the entire time.

Amanda: Oh, absolutely. I think that is one of the things when I'm talking to people who are just starting, I'm consistently saying, "Don't feel like you need to run the whole time. I know people who can Boston qualify using the run walk method." So, it works. And if you shift your mindset a little bit, that run walk is your chance to keep getting little wins. And so this week, you could only do 30 seconds and walk for two minutes, but in a couple of weeks, you ran for one minute and walked for two. And then you ran for two minutes and it's those little wins, that's what keeps us going and coming back. So instead of starting from that frustration, just focusing on each little time that something is better.

Gina: Wow, I love that so much. That's such a good way to look at it. So what other tips would you have for beginning runners or people who are listening who are interested in possibly starting to run?

Amanda: Yeah, I think the first one is don't be afraid to just go walk more. Just being on your feet more and getting your body used to that motion, it leads to the running, because you've got a little more of the endurance. And that means learning to power walk, not strolling around, but, walk man. And that really, it shocks people, but if they really get in a good walking program, then all of a sudden transitioning to the running is so much easier.

Amanda: And then once they start running, a lot of the times I ended up telling people to slow down. So, if your goal is to run a mile straight but you're just bursting out of the gates and you keep getting super frustrated, it's telling yourself like, "It's okay, I'm not worried about my pace. Today the goal is to run for 10 minutes." And just not worrying about that so much. I think it's really easy to get caught up looking at our watch and being so concerned about that pace. Because for some reason, we think there's a specific pace that makes you a real runner, but there's not, it's just this idea that we have in our head. And I think that keeps us from going a little farther or keeps us from saying to people that we're even running. We just kind of, "No. I jog sometimes." But if you're showing up, you're a runner.

Gina: Yes. I love that part of your book. I just got a copy of it and it's so good. I'll include the link for you guys to check it out. It'll be here in March, but you can pre-order it, correct, on Amazon?

Amanda: Yep. Amazon, Barnes and Noble and some local bookstores.

Gina: Awesome. So I'll include all of those links, but that was a part that really stood out to me, when you said if you run you're a runner. So many people call them joggers or kind of brush it off. And I feel like I'm even guilty of doing this myself. And maybe that's because I had internet creepers trolling on me. But not calling myself a runner because I didn't think I was particularly fast or I didn't run all the time, so I'm like, I'm not really a runner. I'm just someone who runs occasionally.

Amanda: Yeah. And I think it's really, I mean if you show up and put on your shoes and choose to go out the door and do this, like done, you're a runner.

Gina: Yes. I love that. So knee pain and injuries in general can be pretty common among runners. What are some of your tips for preventing injury?

Amanda: Sure. So I think one of the things, especially for beginning runners to understand is that, there could very well be some discomfort in your knees, but that doesn't mean it's bad for your knees. So, that discomfort is your joints and your tendons and everything adapting to this new exercise. And over time, we've actually seen in the studies, runners have more joint fluid and all kinds of good things. And even surgeons will tell you, there's no higher rate of osteoarthritis in runners than non-runners. In fact, it's probably less, because they're doing the right things.

Amanda: So I want to say that first, there's always that, "Oh, I started running, but my knees hurt." And it's unfortunately just some of that discomfort and that means kind of easing into how much you're running. So I think that's one piece is kind of the easing into it. The other is really some small things that we can do, like doing lunges before we start, just because that's an easy time to remember it. But keeping those hips and that core strong, is probably the biggest thing that prevents me pain for every runner.

Gina: I completely agree, yes so often, a lot of knee pain is due to weak glutes and hips. So focusing on keeping those strong just help to support all of the muscles that surround your knee. So, I think just leg training in general makes a huge difference. And I love the resistance band loop. That's such an easy way to target your outer thighs, your glutes. And it's so inexpensive, it doesn't weigh anything, so you can pop it in your suitcase if you're traveling. It's one of my favorites. I would love to hear your thoughts on race day mentality. What are your pre-race rituals, your favorite shoes, your favorite gear, break it all down for us.

Amanda: So, I am one of those odd runners that I can run the same amount every year, whether I have a race on the calendar or not. And so I probably only race once or twice a year, partially because the fun for me is in the run a lot of times more than the race. And I personally had to work on getting out of my head around races and thinking that they were a confirmation of how well I had spent my time. Because sometimes you just have a bad day and it falls on race day. So now for me, one, I pretty much travel to every race I run, because that's part of the fun for me. I have an excuse to go see somewhere new. And I think even during the race, it gives your brain something different to latch on to. You're looking at a new location or just checking things out.

Amanda: So, I love to travel and that means I am pretty like consistent in my process. So I know I do that double check of, do I have the right gear? I have my body glide, I have an extra set of Bobby pins or safety pins, I mean. I bring a packet of nut butter and I bring a slice of sourdough bread, because I don't want to worry about finding things there. So I know that 100% I can have that the morning of.

Gina: Okay.

Amanda: And then, I have gotten to the point where for half marathons at least, I really like Celsius, the pre-workout. I will take maybe half with some protein powder before the race starts. And then I will carry the other half with me and sip on it for miles one through seven. And that works for me, because it's a consistent influx of caffeine. And since I don't use it super often, on race day it really is a mega boost. We know that caffeine works and if you don't have a huge tolerance built up to it, it works really well.

Gina: Oh, that's such a good idea, because I could see how it wouldn't really do that much if you're used to it, but if you're not ...

Amanda: Yeah. Now, that being said, if you're not used to it, you should also test it out, because caffeine- [crosstalk 00:17:37]

Gina: Can upset your stomach move.

Amanda: Yes.

Gina: Yes. And that is not what you're going for on race day. Oh man. So where do you put your phone while you're running?

Amanda: Luckily the couple of years, more stuff has come out that has pockets. So there's currently some Oiselle jogger shorts that I've been wearing for all my races the last few years, because they're perfect for phone on one side and I actually have a little plastic flask with that pre-workout that I'll shove in the other side. Before that, I would use a flip belt. I'm one of those people who has no hips though, and so I used to just find it up around my chest or down around my ankles.

Gina: Okay.

Amanda: I like it if there's a pocket.

Gina: Yes. Okay. That's a good idea, because I have a little flip belt thingy, but I feel like the phone is always flipping or I can just feel it moving around in there and it kind of messes with me a little bit.

Amanda: Yeah.

Gina: Do you do music or no music?

Amanda: On race day I do music. Which is funny, because I don't really train with music, but on race day I will pick three songs and listen to them on repeat, which is intentional. One, I'm picking three songs that are the ones that when you're in the car by yourself, you start, you crank it up and you're just singing out loud. So I know they're like, oh yeah, this song makes me really happy.

Gina: Yeah.

Amanda: And then there is some science around the repetition. It actually will help you get into a zone, and obviously, when you're in the zone, things are flowing a little bit better. But I also know come mile 10, 11, 12 in the half and you've really been pushing, everything hurts, you start to get a little cranky, and suddenly I hate everything on my playlist. So if it's only three songs and they're songs that I 100% love, I'm going to be fine.

Gina: Yes. That's such a good tip. That's really interesting, because I feel like I've done that before, or I'll save songs that I know I love until the 10, 11 mile marker just so it'll pump me up.

Amanda: Yeah. And that's actually, I guess I should say that I don't listen to music for the first half of the race, and then I'll turn it on the second half of the race. And that ensures, I think, that you don't start the race too fast. You're dialed into how is my form? How is my breathing? Like, gosh, I'm just really happy to be here, just letting yourself drive on the adrenaline. And then when you start hitting that point where you're like, "Okay, now I realize I'm going to have to keep working," then I turn it on for the boost.

Gina: Yes. When you need that little boost.

Amanda: Yeah.

Gina: So I'm just thinking about races right now. Will you break down the ideal running forum for us? I know it's hard to do via audio, but I've heard so many different things, like your elbows shouldn't come in front of your torso, your foot should hit the ground flat. You shouldn't heel strike, but then I see people that run and land on their toes. Will you just give us a little guideline for what proper form looks like?

Amanda: Yeah. So I think there's a couple of things. One is, everybody does have their own natural way of running. And so the more studies they've done, the more they've seen you shouldn't feel like you have to way change your style or your stride, because then you'll overthink it and all kinds of weird things happen. In the book I detailed the couple pieces that I think are super important.

Amanda: And so one is making sure that you stand up tall the whole time. So especially as we get tired, we start to slouch over, your shoulders hunch, and then you don't breathe as well and you mentally feel like you're tired. So I think that one all by itself actually fixes a number of other things.

Gina: Yes.

Amanda: The other one that's super important that we can fix and I see a lot is your arm swing. So, if you have your arms next to you at 90 degrees, your palms would be facing towards you. And then, yeah, your hands in a very light sort of fist, and you want to make sure that your arms are only moving forward and backwards. A lot of the times we'll start to swing our arms across our body.

Gina: Yes.

Amanda: And that happens especially when we're holding something in our hand. That's why I really don't like it when people are holding something, because they'll really start to cross their body. And what that does is it twists your hips. And so then there's your knee pain and your hip pain, you're forcing your body that's trying to go forward to also move side to side. So those two are almost more important, I think, than everything else, because they'll fix a lot of the other things even.

Gina: Oh okay. Those are really great tips. Do you run every single day?

Amanda: I run five days a week now. I don't for the most part recommend anybody run every day.

Gina: Yeah, no, no. You need at least one full day of recovery, everyone. But what else do you do, for cross training? What do you like to do besides run?

Amanda: So I do a lot of mobility work now, and then I do make sure that I'm strength training. And then I will jump on a bike occasionally, but between the strength training and stretching and mobility and core work, those are pretty much the main things I'm doing right now.

Gina: Perfect. So you mentioned that you like to have your sourdough with almond butter. Is that the combo?

Amanda: Yep.

Gina: Okay. What about during your run and post run? What does your nutrition look like for that?

Amanda: So on race day, I don't take in a huge amount of nutrition during the run. I think a lot of people are over fueling, and this is a lot of things I learned even from doing some scientific testing with different people. So I like to break up something like an energy bar. Some people like Clif bars or Bobo's or whatever. I will break that up and have it in a little Ziploc bag. And so I will sip on the pre-workout and then I will maybe have a little bit of that as I'm running the race. And I've just found that works for me.

Amanda: So if I'm fueling well before the race starts and then refueling as soon as it's over, for 13 miles, you don't need a crazy amount of nutrition. You really are okay with those really solid whole foods before and the really solid whole foods after. I have done where I might take a gel but I will quite literally like it'll take me three or four miles to get through it.

Amanda: And again, that went back to some of the scientific testing when I was actually looking at it with some RDs who were doing the, how much are you burning? And how many carbs does your body actually need? And we've long been told that, "Oh you need one of those gel packets every 45 minutes," but that might be 200 calories and your body may only need 30 or 40 technically, to just keep you going and feeling solid. And that's again, going back to the really good before and after.

Amanda: So after, I really am looking at nutrition to replenish. So I still love a green smoothie. I know that especially after a race when I've just worked really hard and my stomach doesn't want anything, I'm going to get a bunch of nutrients, I'm going to get some great protein, it doesn't have to be digested. And then later I'm going to have an actual meal, and later sometimes just depends on where I'm traveling, and so how long it is after.

Gina: Got it. That's really interesting to know, because I followed one of the online fuel guidelines before and I just felt so heavy and bogged down the whole time. Like you said, it was too much fuel. And then I did run a race where I literally just ate everything they had at the drink stands and it was my PR race, so I'm like, I don't even know. I don't know what my body likes. But it does take some experimentation to see what works for you.

Gina: And you hear about people doing really cool, unique things too, like people running with a sweet potato in a baggy and eating a sweet potato instead of a [inaudible 00:26:18]. Things like that, I think it's really fun to just kind of play around and see what your body likes. Not on race day but on long run days-

Amanda: It is for sure. I think a personal, you've got to test things out. I do think that more people are starting to understand we don't need three gels for a 10k. But that was the stuff that we kind of grew up being told.

Gina: Yes.

Amanda: Even if you went for a training run every 30 minutes you were supposed to be taking one. And I was just like, I just am sick, I'm nauseous. And so realizing, "Oh, if I'm consistently feeling that way, this isn't working for me and I don't have to do it."

Gina: Yes, exactly, you don't have to. What about the night before a race? Do you eat the same kind of thing? Or do you have any guidelines for that?

Amanda: Yeah, if I can, since I'm usually traveling, my favorite is if I can find salmon and sweet potato fries. That is my ideal night before, because there's some carbs, there's some anti-inflammatory protein. But honestly, I have a slice of pizza the night before every long run. So if it comes to race day and there's nothing around, I will have pizza the night before and know that I've done that enough, it's going to be fine.

Gina: Pizza's always the answer.

Amanda: It kind of solves life's problems.

Gina: It totally does. So I would love to hear your tips on getting faster, because I feel like it's so easy to just get stuck at a certain pace and not really know how to progress from there.

Amanda: Sure. I think there's kind of a lot of different things and it depends on where each person is. But one of the things is actually to slowly increase your total mileage for the week. So there's a reason that the elite runners put in so many miles. It's just been shown through testing over and over that the building up of all that endurance really does help when you go to put in the speed too.

Amanda: So I think that means slowing down on your easy days, really slowing down on your easy days, so that you can build more mileage. And then on your hard days doing them as prescribed. So what I mean is, not staying in that weird gray zone, actually running it hard, and then taking the full amount of recovery, running the next interval or whatever it might be hard. And I think getting yourself to practice your goal race pace is really helpful.

Amanda: So a lot of the times when we're training, we say, "Okay, I want to run that sub-2 hour half marathon, so I need to be able to run around a nine minute mile. But we practice running eight minutes for a one minute sprint, or we run slow for our easy days and we don't tell our body what nine minutes feels like. So then on race day, we don't hit it and we feel like we're not getting faster. And so I think in your training plan, and again that comes down to find a good coach, or we have a group coaching program that can help answer questions. But find a plan and follow it, no more plan hopping. So, once you pick it, stick with it, see it through. I think that is probably one of the things that gets people stuck, is they keep seeing what someone else is doing and it's working, so they keep jumping before their plan has a chance to really build.

Gina: That's so smart. And just having an intention behind your training. So yeah. And following a plan makes a huge difference. But alternating the intensities, I think would definitely help. Something that helped in me, I have not been consistently running for a while, but when I was, Orange Theory really helped. It's because it forced me to work on hills and speed. So then when I finally did get to race day, my race pace felt so much easier, because I was used to sprinting. But I really like what you said about increasing the mileage, because that absolutely makes sense. Because you have the endurance built in and you're used to this heavy training load, and then when you decrease the load, your speed can go up.

Amanda: Yeah. And you're so right about hills. At the beginning of almost every program that I write for anyone, has them doing a lot of hill work. Because you're going to build up leg strength and you're less likely to get injured doing hill work, than you are running intervals. So starting with hills is a huge, huge thing.

Gina: That's so true. And you offer running coaching through your site and you have a team of trainers too, is that correct?

Amanda: Yeah. So I have a number of coaches, and so now we're doing group coaching, which just means that we've got a Facebook group where coaches jump in live to answer questions. We bring in experts to talk about nutrition or mentality. And you can still get a custom plan, but I think you really get that group support and environment. And I'm excited because it means we can help more people than the traditional one-to-one.

Gina: Yes, I like that the scale is so much larger, and I feel like that group environment just really helps with motivation and accountability.

Amanda: Yeah.

Gina: Yeah. So I'll include links to that if you guys want to check it out and you need more guidance with your running, you can find it there. And please, tell us all about your book.

Amanda: Yeah, so the book is called, Run to the Finish: The Everyday Runner's Guide to Avoiding Injury, Ignoring the Clock, and Loving the Run. And it's a little wordy, I just want to call it, The Middle of the Packers Guide to Training, but they nixed it. But that's what I think it is. It really is for so many of us who are right there in the middle and we have that tendency to call ourselves slow, even though we are the average of all runners. And it really kind of goes into everything from the dynamic warmup to post race. So it is your A to Z guide, but very lighthearted. I tried to be funny and just remember that, yes, you're doing these things because you want to run for life, but we're also, we're not trying to get on the podium, so let's remember that this is supposed to be fun.

Gina: Yes. And that's what's going to make you stick with it for the long haul too, if you actually enjoy it.

Amanda: Yeah.

Gina: Yeah. So I'll include links to that, so that you guys can find it. She also has a really awesome freebie too, about what to eat before a run. So that's very helpful, so we'll include links to those. But the title of the podcast is Healthy in Real Life. What's one of your favorite sustainable, healthy habits that you've created in your own life?

Amanda: I love this question, because habits are my favorite thing ever. Really, more than one specific one, I think for me it's that, I realized a long time ago it was about doing one change at a time. And so when I wanted to eat better, my one change was to just start counting. Could I hit seven servings of fruits and vegetables every day? And that's something that has stuck with me. But I started with that before I tried to also, "Oh, take this out, take that out," do anything else. Once that one became a habit, then I moved on to another little thing.

Gina: I'm sitting here in my podcast closet right now doing the Meryl Streep, like pointing my finger. Yes, yes, yes to all of that. I think it's so important just to pick one thing at a time. Then you don't get overwhelmed. You just have one thing to focus on and then you can just build from there. And then when you look back you're like, "Oh my gosh, I've made all of these changes without completely inundating myself, overwhelming myself." And I feel like it just sets you up for defeat almost when you try to do too much at once.

Amanda: Yeah. I feel like anyone who has told me they're trying to follow a new diet or anything, it's such a radical change to their life that it doesn't stick. But if they just pick one piece of it and add that, and then the next thing, slowly you've just created a lifestyle, which is what we actually want anyways.

Gina: Yes, I love it so much. So where can everyone find you online?

Amanda: So runtothefinish.com is the website with tons and tons and tons of articles. And then I'm on pretty much every single social media platform. So Instagram, Facebook, Pinterest, YouTube as Run to the Finish.

Gina: Perfect. So, I'll include links to those so you guys can find Amanda, you can get her new book and connect with her. She's amazing. She posts so much helpful information and videos, how to use tutorials, everything is science backed and so well done. So, I'm just excited to have you in this space, sharing all of your information, because I really think you're helping a lot of people, so yay.

Amanda: Thanks. I was super excited to do this.

Gina: Yes. I'm so glad that you are here and hopefully I'll talk to you soon.

Amanda: Yeah, thanks.

Gina: Thank you.

Speaker 2: Thanks for listening to the Healthy in Real Life Podcast. For more info, check out Gina's blog at fitnessista.com.