

RUNNING A MARATHON FOR A BETTER YOU, WITH DR. MICHELLE QUIRK

Dr. Adrienne Youdim 00:03

Hi, this is Dr. Adrienne, Welcome to Health Bite the podcast where we explore all things health and wellness. Hi there and welcome back to health bite our podcast where we discuss how small steps small bites, as it were, can have a big impact on your health and well being. And today, I am really excited to have with me Dr. Michelle Quirk, Dr. Quirk is a pediatrician. She's also the mindful marathon coach, and has brought mindfulness and running to her practice. Helping busy professionals really bring fitness and running into their lives. So thank you, Michelle, for being here.

Dr. Michelle Quirk 00:54

Thank you for having me. I'm excited to be here to chat with you.

Dr. Adrienne Youdim 00:57

I'm really excited to hear your story. Because I also have found running in my life, and have found it to be life changing. It is something that is a staple in my almost every day. And much later, after I started running, I learned about mindfulness. And in retrospect, I realized that the running was a form of mindfulness that was unbeknownst to me. So I'm interested in hearing kind of how you came to this concept of mindful running.

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Yeah, well,

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I think the most interesting part of the story is that I was not always a runner, I was not really an athlete as a kid, and I was the kid who is struggling, you know, to get through the mile run, and huffing and puffing and I tried to run many, many times, and I quit a lot of times, before I finally stuck with it. And I just always was telling myself, you know, you're not a runner, you're not very good at this. It's too hard. And so I didn't do it for a very, very long period of time. And what changed for me was, after my residency, this was about eight years ago, I had a lot going on, new job, new, you know, moved to a new location, newly married, studying for the pediatric boards, and my dad was diagnosed with cancer, and had a really rough, rough course and passed away pretty soon after the diagnosis. And it was at that point that I really decided that something needed to change, like I was really not exercising a whole heck of a lot was eating okay, but with everything going on, I was just so overwhelmed and stressed with work and, and everything going on in my family. And that was when I started running, I decided I was going to run this local five k like once and for all, I'm signing up for the race, I had always wanted to do one, but I just never got myself there. And I just started at like five minutes, a couple times a week, I started just a tiny bit. And I noticed that while I was out there for my five or 10 minutes that my mind was able to clear a little bit and all of those thoughts and everything else just kind of melted away. And so I think that's why I finally stuck with it, I found that it was so helpful, just to keep me focused and centered and five minutes turned into 10 turned into 15 turns into 30. And now here we are running marathons, you know, eight years later,

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but lovely.

Dr. Adrienne Youdim 03:39

There's so much in what you said that I want to circle back to but it's interesting your story of not having been a runner and then coming to running marathons. I have a very interesting story. And I think I've shared this on the podcast that when I was in high school, and we had to run that, you know, daily mile or whatever it was, that it was so painful for me that finally the coach offered for me to just grade papers. I mean, I think he just it was as painful for him to watch me As for me to actually complete the mile. And I found running in medical school and I went on to do a marathon myself. I don't know it's maybe close to 10 eight years now. But anyway, I think Yeah, and I think it's important to share these stories because I think people who don't run or don't exercise you know, regularly have this idea like there is that runner you know, that like phenotype or that personality or character trait or whatever the case may be of the runner and the non runner or the exerciser or the non exerciser or the athlete and the non athlete. And these terms are so arbitrary and they really are just barriers that get in people's way of achieving that, you know, that actually will help flight?

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Yeah, for sure. I think for a long time, when I finally started running more consistently, and I was running some local races, I remember just showing up to the start line and looking around. And I would only see, you know, the people who didn't look like me. And I would just think I don't look like them. I'm not very fast. I have to walk sometimes. And so somehow I'm not a real runner. And it took a long time to really get over that and to just say, I belong here to and that the sport can be for everyone. And it's never too late to start.

Dr. Adrienne Youdim 05:40

Yeah, absolutely. How did you get around? those initial, I imagine when you started, you know that it was, first of all, you didn't have the insight that this is something you could actually accomplish. So you probably had that kind of negative narrative, I imagine.

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Right? I

Dr. Adrienne Youdim 05:58

did. And it was it was probably uncomfortable. It's exertion, right? So how did you get over that feeling of discomfort in exertion, in that in those beginning stages,

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I think it was just taking it small amounts, small amounts at a time I, I really liked Zumba, I was a Zumba instructor for a short period of time. So I really liked I was a dancer growing up, that was kind of my, my exercise in my sport. So what I would do was maybe run five or 10 minutes before or after my Zumba class. So I was trying to kind of tack it on to something else. And then it grew from there. But I think the key was just starting out small. And I made the mistake that every probably every new runner makes,

which is that I was trying to go too fast and too far at the beginning. And I thought if I wasn't, if it wasn't hard, and I wasn't huffing and puffing, and it wasn't hurting that somehow I was not getting a good workout. And that's what it meant to run and to be a runner. And it took me a long time years really to enjoy an easy run and realize that that is a great form of exercise, and you don't have to hurt yourself or make it hurt every time.

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Right. And invariably,

Dr. Adrienne Youdim 07:23

when and we've all done this if we've I think most people who've trained for a marathon, done this has accelerated the miles a little bit too quickly on a particular week and then suffered it injury as a result suffered something as a result.

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Yes, fatigue injury. Yeah, getting the start line is the most important thing,

Dr. Adrienne Youdim 07:45

right. And that's not the intention, the intention is to go slow. And I think you're right that people set really lofty goals for themselves. And then that becomes yet another barrier to doing the work or to getting there to getting there. So So tell me a little bit about how you went from these little five minute spurts to even considering these very long races, from a five K to a marathon.

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That's quite a jump. Right? Over years, though, over the years. It started running the shorter distances and then kind of worked my way up. And I ran my first half marathon in 2016. And I somehow convinced my mom and my mother in law to do the Disney half marathon with me. So it was their first half marathon too. So it's never too late. My mom and my mother in law, you know, ran walked a half marathon in their 50s and 60s, respectively. So. So after that long race, we I think we all got hooked really, the Disney race was so much fun. And the long distance had never really been available to me before. I just felt like a whole new world opened up, like if I can do this, and it's so much fun, why not keep going. And I started working with my own running coach about a year after that. And that was really what changed things for me. He really taught me how to be a student of the sport. And I started reading more about run physiology and why a training plan was structured the way it was, and I was getting so much better results working with him and I was progressing much more quickly and easily. Once I knew that there was a method to this, and I wasn't just willy nilly putting it together on my own. So I credit him really for planting the seed for the marathon because before that before working with him, I really didn't think it was possible. Certainly when I started if you had said I would run a half marathon, I would have told you you were crazy.

Dr. Adrienne Youdim 09:54

Well, you know, I think even first of all the fact that you did the half marathon With your mom, you know, and that was her first speaks, you know, tremendous volumes to the fact that you can do this at any age, right? You can start at any age. So it's really never too late to start. And that's also another, I think,

important misconception to dispel that people think that they have to have begun this, you know, and their use, and there's some kind of exploration, you know, if they didn't do that, but you can, you can even do an arduous book sport like running and started at any age.

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Yes. And we mostly walked. My mom is a brisk Walker, she walks quite a lot, almost on a daily basis for five miles. So she's in great shape. But I think she even thought maybe this was a crazy goal. But she usually now she does a shorter race before COVID. Of course, she would always finish, you know, in the top of her age group, because there's not a lot of people in the now the 70 year old age group out there. So it's really amazing. Yeah, that is

Dr. Adrienne Youdim 11:04

really amazing. And I think the other point that you made that I want to highlight is that having a partner and having a coach, right, so there's accountability and a partner, and connection and doing it with a partner, it just makes it more enjoyable, so much more enjoyable when there's a component of connection there. But also having a coach, because we need to gather our army, right? When we're trying to accomplish a goal, and we don't necessarily, we may inherently know you know what to do or what we want to do, but why not get the help of people around us. And I bring this up, because, you know, in my work as a medical weight loss specialist, probably the number one thing I hear when someone sits down in front of me in the office is, oh, I was trying to do this on my own. And my question always is, well, why?

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I think you know, for me, I was very nervous to reach out to a coach, because again, I had this narrative that I was not a real runner, and I thought maybe you only needed a coach, if you were some kind of championship or elite runner, or you were trying to qualify for the Boston Marathon, just a lot of things like that. And it took me a long time to reach out to him and ask for help and ask if, you know, he would want to coach, you know, little little me beginner over here. And I realized, now how crazy that was a better coach can be beneficial for all levels, and especially beginners, because you can really, you can hurt yourself if you go out a little bit too, too fast and too hard. And you'll progress a lot quicker if you have a framework from which to, to start everything. So I've learned that myself too.

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Yeah, and to hear you say that

Dr. Adrienne Youdim 13:00

as a kind of outsider or third person listening in. It's kind of outrageous that you would think or that one would think as a beginner that they shouldn't get help, when that's precisely the time that you should seek out help. But I also understand the idea that that negative narrative, as you put it, you know, again, is a barrier and gets in our own way, even when it doesn't, it just makes sense. You know,

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I wonder if just hearing

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yourself say that it

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doesn't make sense, right? But not it's

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not anymore. Not anymore. But at the time, I just thought, you know, right? When would this person really want to spend the time to help me when I'm, I'm not planning on winning my age group anytime soon, you know?

Dr. Adrienne Youdim 13:48

Yeah. And I wonder, I'm interested in the physiology of the training plan. Well, what do you think? I mean, what are some nuggets that you could share with us? You know, what's your background as a physician and a pediatrician that you think would be interesting for us to know what is the the physiology behind the running plans?

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I think the biggest thing is that the majority of the week, the majority of the runs are at an easy pace, like a conversational pace. And so from no matter what level you're at, even the elite runners, the majority of their training week is run at their easy pace. Now, they're easy pace and my easy pace are probably very far apart. But the so part of the training program is always to help people find what their specific paces. So if you think about it that way, even if you're running three times a week, all of those days would not be hard days. If you run even six days a week, the majority of those days are going to be at a pace that you can sustain for hours theoretically, so It's not as I always tell people, it's not as sexy as a speed workout or a hill, Hill repeats, or these crazy workouts that you may hear runners doing. The majority of the week is maybe a little bit boring, just at conversation pace.

Dr. Adrienne Youdim 15:18

Yeah, and incorporates other types of exercise as well. Right. So, like yoga and running are often married together.

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Yeah, the goal of easy and conversation pace is really to build your aerobic endurance. So no matter what you're training for five K, all the way up to marathon, the races, even if five K is majority, aerobic. So that's you kind of build that up over time. And Cycling is a wonderful is for cross training, that's about the closest thing to running from a perspective of building your aerobic capacity. So I tried to work in cycling, if people have a stationary bike, a spin bike or a road bike, it's very helpful. And Yoga is wonderful for stretching, and even for a little bit of strength training,

Dr. Adrienne Youdim 16:13

right, and core and balance and all of those things that come into play, right?

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Yes, I want to go back to your initial

Dr. Adrienne Youdim 16:22

comments about how you engage in running as a way to manage a time of difficulty. And I think it's important right now, because we're in a collectively in a time of difficulty on so many levels, right. So we're, we're in the midst of a pandemic, we've dealt with the outrage of social injustice, just this week, our capital was stormed. And I think it lays on the heart of many of us. And one thing that I have found in my patients is that sometimes they feel maybe, like guilt almost, or irrelevance, like there's so much happening in the world that is so dire. And so why. So why should I care about my weight, or, you know, my health or my wellness, they may find it's like, again, irrelevant. And yet, in the midst of all this difficulty, in my mind, precisely what you should be doing, is governing yourself, right, by taking care of yourself. So I'd love for you to talk a little bit about that.

17:37

that resonates?

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Yeah, definitely, I think that what has helped me so much in the pandemic has been exercise, and running, and cycling, and yoga, and all of those things, just taking that time to really unplug from, from everything from the TV and social media and work, you know, dealing with the pandemic and everything in my clinical role as well. I think it was hard at the beginning of the pandemic, because for for the runners anyway, all of the races got canceled. And for a little bit of time there, it was just a period of uncertainty. And a lot of people were lacking motivation, which I totally get. And I'm, I was right there with them, and just trying to go back to why I'm doing this in the first place. So I was encouraging all my athletes to really go back and just examine your why and why you were doing this and that it's not, it was never really about the races, if we think about it, and it's more about showing up every day and being consistent, and we're health and wellness and living living a strong and fit life. That's really what it's about. It was never about a medal or, or the race even though we missed them. One thing that's been very helpful for me that I've shared with my group with my athletes, is to really focus on finding a mantra that works for you. And at the beginning of the pandemic, the one that was very helpful to me was run the mile you're in. Because I really I couldn't see the finish line. I felt like we were in this marathon but I don't know when it's over. I still I still don't. I am more hopeful now than I was in March and April but run the mile you're in was was very helpful to me. And the other one that I love is relentless pursuit of forward momentum. I can't tell you how much I repeated that one in the marathon but it bridges over to life as well. It's not just for running. So if people can find something that resonates with them, they really consider their why. And just take a step back and realize that they'll feel they'll feel good doing, doing whatever it is they love, it doesn't have to be running, but even just walking, just to take a break from all of all of that stuff.

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Yeah, absolutely. And I know that you, you talk about this a lot, and you've written about it on your website, finding your why. And, you know, so many things, everything really comes down to this right your relationships, your profession,

Dr. Adrienne Youdim 20:28

you know, it comes down to this basic question. And I think an analogy to the running, because perhaps many of the listeners are, are not trying to achieve a medal or a race as their goal. But I think something that resonates is this time of year is that everybody is looking at the scale, you can tell. And they tie their activity to the scale. Which First of all, I mean, we could talk about this for days, right, like the marriage between exercise and weight, which is really a bad marriage. But also, it's, it's such an insignificant why, if you think about it, in the big picture, one pound up, one pound down, even five pounds up five pounds down. It's like almost who cares, right, and to tie the exercise to the scale, as opposed to something so much more deep and inherent, which is your vitality, you know, or your well being, or just showing up, you know, taking care of yourself as the as a sign of activism. Yeah, like the health care of a 16 year old daughter, who's a social activist, and I try and compare self care, or use self care as a sign of a show of activism, you know, like you're a GM, again, governing yourself as a means to show up for the world. So I think that's so important. Because, yes, people are feeling unmotivated, apathetic, maybe a little bit, you know, hopeless, you know, these are all emotions that everyone is facing at some point in time. And so really

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doubling down on that deep belief is what gets you motivated, or at least, you know, out off the couch.

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I think it's hard this time of year, because everyone is trying to set so many big goals. And this happens every January. And I love setting goals. But I also encourage people to try to be consistent, and how are we going to make it sustainable? We can't, I always say it's a marathon and not a sprint, like lifestyle change is not something you want to do overnight, because it won't be sustainable. And all of those little things over time add up. And that's, that's hard this time of year, because everyone is we hit January one as if something has changed profoundly. And we come up with all of these big goals, but I couldn't agree with you more about trying to separate the weight on the scale and an exercise.

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Yeah.

Dr. Adrienne Youdim 23:14

And I think along those lines is finding time, you know, I think, probably time is one of the biggest barriers in my patients minds as to why they can't do anything really, you know, cooking or meal prepping, or, you know, but certainly exercise time is always a barrier. So how do you how do you get around that

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and what I suggest to my athletes is to plan it, this is what has worked for me, even if it's five minutes or 15 minutes, I write it into my planner, the same way I would write in my shift at work or zoom phone call with family seeing is that is what we're doing lately but I put it right in the planner if I don't, there is more of a chance that I would sleep in or just think I'm too I'm too busy for that I have all of these other things going on. I tried to work it in wherever possible into someone's schedule like we really look at the schedule and figure out a lot of a lot of my athletes have kids and so they're trying to fit the run in

maybe in the morning before the kids wake up and before they have to go to work or we just try to work within everyone's schedule but I find that writing it down and putting it in the planner makes us all a little bit more accountable me included having something to check off you know, check off on the on the planner the training plan, it really works.

Dr. Adrienne Youdim 24:50

Well it speaks to intentionality, you know, intention setting, like we have to have the intention to do it. Like the truth. intention, it also speaks to routine. And that's another thing that has, you know, we've talked about on this podcast, but it's relevant so much more. So right now, because of people working from home and the gyms being closed, right, and so their routines have been thrown out the window. But trying to implement that in with regularity is an important way of getting it in getting the time. And

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I find that if people try that for two to three weeks, even if it's short bits of time, then they end up sticking with it and looking forward to it and five minutes can quickly expand little by little. And until you're really looking forward to that time for self care.

Dr. Adrienne Youdim 25:45

Yes, the five minutes is the placeholder, I feel like the placeholder to get your foot in the door. And that's what I also share is that what amount of time can you realistically not negotiate away whatever that time is, and let's just count on that short period of time. Because the reality is, once you

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tie up your laces,

Dr. Adrienne Youdim 26:11

you know, you're more likely to do more than that five

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minutes. But

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if you don't, that's fine, you've achieved your goal of exactly, sometimes tying the sneakers is the hardest part. And even Yeah, once you get started, you can allow yourself more time if you want, but if not, that's okay, too. But I find a lot of people keep going once they're out there.

Dr. Adrienne Youdim 26:33

I also love to bring up this study this there was a large study that was published in PLOS two that showed that seven minutes of activity per day was associated with a longer lifespan, they fall like seven minutes of activity, to longevity. So, I mean, the truth, it really is evidence base to say that short belts really matter.

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Yeah, and it doesn't have to be that you really crush it during those seven minutes, you can just go for a walk, and that will count.

Dr. Adrienne Youdim 27:07

I like how you mention also on your website, you talk about get rid of mommy guilt. And this is very dear to my own heart because I had my

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child

Dr. Adrienne Youdim 27:19

in residency. And I think at the time, if you had looked up mommy guilt in the dictionary, you would have seen a picture of my sobbing face. So I really that resonates with fortunately now after three kids, I have a little bit more insight into it. But talk a little bit about that.

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Yeah, I A lot of my athletes struggle with this. They think that if they are taking time for themselves, it's somehow taking time away from being with the kids or other things that they have to get done for their kids. And so I try to reframe it a little bit and and think about what sort of example you're setting for them by by seeing you exercise by seeing you take care of yourself. And you know, kids are watching, I'm a pediatrician. And they see and I think that we're setting a better example for them when exercise is a regular part of our lives. And they're seeing us do it. And you can really show up as a better mom or aunt or better parent really, when you are living your best and feeling your best. And so I tried to reframe it that way, sometimes it can take a little while to shed that. But same thing, we start with five minutes and kind of work up from there. But if it feels like too much to take 20 minutes or a half hour to leave them, or maybe it feels like you're burdening them on someone else, a partner, a babysitter, whoever it is, we try to work on the thoughts around that and really change it into a positive and try to try to get people moving that way.

Dr. Adrienne Youdim 29:10

Yeah, and this is so important on so many different levels. Right. So number one, the role modeling of the exercise. And if we look at childhood obesity rates are increasing. Right? It's one in five right now, which is already staggering statistic. And it's only expected to increase. And a lot of that is of course, the diet, but it's also because activity has been engineered out of their lives. And oftentimes, I'll have patients who will come in and ask what they should do about their kids. And I always reply that, you know, you have to be doing the role modeling. If we can't tell them what to do. We have to show them by doing it ourselves. So there's that level, right? But then there's also coming Have the broader level of how do we want our children to care for themselves as adults? And don't we want them to feel worthy of time for themselves, right that to have value for their own self care. And really, by by setting that example, you're teaching them that they are worthy of that time. And I think that's such a bigger and more important, kind of philosophic

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issue. Exactly. I feel that in this pandemic, I've seen so many of the kids growth charts, just the weight is soaring. And there's a lot of them don't have gym class, because everything is virtual, or they're doing less than than they were beforehand. And kind of we're, we're all a little bit more sedentary just because of everything going virtual. And so I've been trying to, I feel like I'm a broken record, encouraging all of my patients to walk but make it a family kind of a thing, maybe a break from all of the zoom, and just go go outside for a walk while we have decent weather. I mean, obviously not in a blizzard, but I feel like walking can just go a long way for physical and mental health. So that's what I've been trying to recommend to everyone.

Dr. Adrienne Youdim 31:25

Yeah, absolutely. And to piggyback on that, doing it outdoors, you know, getting, getting the kids outdoors, and in nature is such an important part of their mental well being at all as well. So I agree with all of that. So tell me, so you are a, you are a running coach, and you coach others to get started. And you mentioned how you get get people from any level starting really at zero, if that's where they may be. So can you tell us a little bit about that process of how you get people from, you know, place zero to, you know, as to where where do you Where have you coached your clients? Yeah,

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most of my, my clients are beginners, or they were previous runners who haven't run in a long period of time and would like to get back into it. But usually, it starts out this goes to doctoring really like taking a running history, and figuring out where people are starting from. So we always start at a place of current fitness, wherever that is, if it's the couch, that's fine. And if you're already running marathons, that's also great. But starting starting from the couch is a little bit different. I mean, we we try to go nice and slow and make things gradual. A lot of people have worked toward a first race distance, usually a five K, or maybe a 10. k, I have one athlete who is working with me, she started running during the pandemic, pretty pretty regularly before that she had kind of started and stopped a lot of times. And she ran her first five k like a virtual five k in the fall. And now she's working on the 10 K. And then, about a week ago, she told me she signed up for a half marathon in the fall. So she's progressing along not that everyone has to progress to long races. But some goals are just to be able to run consistently three times a week, just get to a half hour or 45 minutes of running three times a week. So we have goals of, of all sorts, from first race to to making it a consistent part of of life.

Dr. Adrienne Youdim 33:50

Yeah, I mean, I think that 45 minutes three times a week consistently is an amazing goal. And to know that you can get somebody from the couch to a half marathon is also an amazing goal. So for somebody who isn't running right now, and wants to start we always say that running is great because you don't need anything you can just get up and go run. But would you What would you recommend as far as gear? What should people do before or get before they start running?

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I think the biggest thing would be to invest in a good pair of sneakers. That's probably the one thing that you need. Some people do run barefoot but for everyone starting out I would go to your local running store and get fitted for a pair of sneakers. The people ask all the time with which brand is best, what kind Should I get and there are so many and I'm definitely not a sneaker expert, but within each brand

there are different categories of sneaker and so you have to find what works for you but the coaches and the owners of the running stores really know their shoes, most of them have a treadmill that you can, so you can try on the shoes and then walk or run on the treadmill. And they'll see how it fits for you and your foot, your previous injuries if you have them. So I always recommend that people invest in at least one good pair of sneakers by going to the running store that that would be the one

Dr. Adrienne Youdim 35:21

year tip. Yeah, it's so important because people I think, don't realize that just an athletic shoe or an exercise shoe is not necessarily a running shoe. And that within all those different brands, there are different different foot feet, gravitate towards different brands, like I know that I always loved the blink of Nike, like Nike just does not suit my feet. And so you have to figure out what brand really suits your, your composition, that's very

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elegant can change over time, depending on you know, sometimes some people like a very lightweight shoe, some people need more stability and arch support. If you've had a foot injury or an ankle injury, there's a different shoe for that. So it's important, I think, if someone wants to start out, and you're not running yet, and you're maybe on the couch, I would get started with whatever kind of sneaker you have in your closet and just get out for a walk and see how that progresses. And then over a week or two, then take yourself to the running store.

Dr. Adrienne Youdim 36:29

Yeah, and always buy a half size up. That's also an important point your feet swell. And when you're running. I was curious, you mentioned earlier the virtual races. And I've heard about this what what does that entail? How do they pull that off a virtual race? Yeah, so

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a lot of the big, big race organizations when the pandemic hit, they made the race, virtual, which means you can run it in your neighborhood or even on a treadmill if you have a treadmill. So you would still get the you know t shirt and medal and sometimes they mail you a bib race bib, you can kind of wear it in your neighborhood. So it's, it's different. It's not not for everyone, it definitely helps to keep some people motivated. And if you still want to do the distance and hang the medal on your wall, it's it's a fun way to do it, I found that it was very helpful to do it with friends, like schedule it at the same time, a group of friends, we usually run Disney races together. And we entered this, this challenge where we ran, or it was all different exercise, walking, running, cycling, swimming. But we did the distance of Appalachian Trail over the summer. So the four of us worked toward the common goal. And then when we finished the distance, we got the medal mailed to us. So that was kind of fun.

Dr. Adrienne Youdim 37:54

And the cool thing is that you get to run with people who, you know, friends that live out of state and he would have never been able to do that, you know, otherwise, it's really remarkable the way every industry has pivoted in this time, you know, it's like, whatever, we'll

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keep whatever will keep us motivated. And we thought, well, there's four of us. And you know, how many months would this take us to do? Well, let's just do it. And then we finished that one. And now we're working on the Oregon Trail.

Dr. Adrienne Youdim 38:21

How many miles? How Many Miles was the Appalachian?

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I think it's about 2000,

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maybe

38:30

1800 or something?

38:33

Wow, that's insane.

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But But there were four of us, you know?

Dr. Adrienne Youdim 38:36

Yeah. Yeah. Wow. So tell me how, tell us how we can find you for people who've been inspired by your story to start running. And maybe want to get coached by you. Oh, yeah,

38:49

the the best way to find me is probably on my website. It's www dot mindfull. Hi, hyphen, marathon calm. I'm also on Facebook, at the business pages, mindful marathon and Instagram is mindful dot marathon. But really, all the links are on the website. That's probably the easiest. And if anyone is on the couch and they want to get walking, there is a free training plan a walk plan on the website that they can download as well.

Dr. Adrienne Youdim 39:19

Yeah, and your website also has some great content and blogs. So I encourage people to check out mindful marathon.com when they get a chance. Thank you so much, Michelle, this has been such a pleasure to speak with you. I really enjoyed our conversation.

39:35

Yeah, thank you so much for having me. It was it was really fun.

Dr. Adrienne Youdim 39:38

Yeah, my pleasure. And thank you to the listeners for tuning in. If you love our podcast, please share with friends and family and you can find us also on Dell nutrition.com where we have newsletters, blogs and content in the area of health and wellness. Thanks again and we'll talk to you next week. Bye