

Ep5 -Finding your sport with Karl Henry

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Hi, I'm Katie Jones, and welcome to RTE OT Podcast. Operation Tantamations sees leaders from all over the country take on a health and wellness plan with the aim of resetting and kick -starting a new chapter in their lives.

I was a leader on the show two years ago, and it changed my life. I'm delighted to be back hosting this podcast. You can email us at optrancpodcast at gmail .com. Please send us your questions and let us know how you are getting on.

This week, I'm chatting to Karl Henry, who's been an OT since day one. We talk all about finding your sport, which was such a huge part of my OT journey. Plus, he talks about another sport he's come to love in recent months.

And we hear about his greatest fear, and it's not what you might think. It's never too late to start your OT exercise journey, and Karl's exercise videos are a great way to follow the plan at home. If you haven't checked them out already, you can head over to [rte .ie forward slash OT](https://rte.ie/forward-slash-OT).

Karl, thank you so much for coming on the podcast. How are you? I'm very good. How are you? It's been a while. It's been a while. Well, two years. It's been since the show. But my gosh, two years and so much has happened.

I was flying. I know. But are you enjoying this year? I am enjoying this year. Oh, no messing Katie straight to the point. I am enjoying this year. Yeah, I think this year's been

amazing. I think every year is, you know, all you're trying to do is do your best and make health seem as accessible as possible for people.

And it's as ever. It's great crack like where, you know, it's a great one. But I got sent a picture today from one of the producers. Well, she showed me one. And do you want to talk about where you were today?

Because we'll have an exclusive clip going into the podcast before the show airs. Oh, really? Oh, my God. OK, right. OK, so today. Yeah, where was I today? Today, I was swimming in possibly the biggest lake I've ever seen in Westmead.

Luck, oh, with Gary, who is an easy one -year -old cancer survivor who does park roads. open water swimming because his daughter does it. So Gary invited me up to meet him and I brought my shorts and my dry rope and I jumped in.

And you know what? It was like, I do open water swimming, but I swim in like a wetsuit. And like, I'll be in for kind of 30 or 40 minutes, but like, I'm, you know, I kid it out. Where this was me and my Hawaiian shorts.

And it was, you know what? It was amazing. I don't like, it was, hey, he was really, he was a very impressive man, but be just that sense of, you know, you leave all your troubles for that five or six minutes that you're in the water.

You really do. You can't think about anything else by breathing and trying to deal with the fact that it's so cold. Like it was about six degrees this morning, or today up there was in terms of in the water.

It was freezing. I did enjoy it. It was really cool. It was really, it was, it was great to meet him. I thought it was great. I haven't really done that before so what I have not in that setting and it was yeah it was good fun.

Oh I can't wait to see it now but I look too crazy but like even to get in the weather like it's crazy now. Yeah as I said to Gary I have all the times to ask me to go lake dipping you know the middle of January is or the end of January is an interesting one when it's at its coldest but it was you know what it is and it's that sense of kind of finding something that's a little bit of crack and we had a great crack and for the find your sport that's kind of what it's about it's about finding stuff that is a little quirky and is a little it's just been brave enough to have a go right yeah and that's what today was about for me and I think for our leaders it's the same I'm trying to nudge them to kind of choose different kind of stuff that they wouldn't normally choose and I think that's really important I think that it's a great like you know we live in an amazing country with amazing stuff and like it doesn't have to be nothing's anything wrong with it but it doesn't have to be the Gaelic or the basketball or the whatever it can be paddle boarding it can be surfing it can be lake jumping it can be climbing a hill it can there's so many like it can be dragon boat racing it can be anything there's so many things around that we're trying to encourage people to try something and just try something a little bit different and yeah and that's important because you're you're you know you're getting in your comfort zone as Eddie would say and you are just trying new things and it's it's very powerful yeah because anyone that talks to me always kind of links OT with running but like some people don't really like running at all and they don't want to do it so I think it's a really good idea that it is kind of changing up and to be on OT you don't have to just run yeah and that was important for us this year it really was like the 5k has always been a target right so when people come on board they kind of automatically know that you know we're going to build towards the 5k yeah and it is very powerful and you know that yourself you've gone on to run bigger distances after the show which is great but actually it isn't all but if you don't like to run well then it's not so great so We were trying to do that this year and incorporate more stuff in and you'll see so that up to the first four weeks everyone follows the same plan and then they can start going their separate ways.

So like one of the leaders wants to go do a high rocks class, one of the leaders wants to go to yoga, one of the leaders, they'll all do, well it's going dancing and thankfully I got asked to go swimming and not dancing because I don't dance.

I was going to say, Sue me and Sophie said you've great moves. No, no, no, I can guarantee of all the fears I have in the world. Dancing is probably the biggest one ever, but like really, but like, you know, exercise is different to everyone and we all have different versions of it and that was really important to me this year that we were, we were, we were seen to be very inclusive of all the different types of exercise, not just solely running and weights that it could be, it could be broader, you know.

Yeah. No, Daphne, because I remember when you came back down to me in the apartment and you put me through like a weight session and I still remember that day, like that was serious and like I feel like.

You have to get to that point sometimes to kind of get results and stuff, but it's not for everyone. No, it's not. But you know, again, like the way we built the plan this year, we have our six key moves.

And it shows Anne really shows you that how crucial they are to living a healthier life. That if you can do a few press ups, if you can do some try to tips, if you can do a squat in any way, shape or form, life gets better and the quality of life gets better and you're stronger.

And like they're all important, but also you mix that with fun and exercise should be fun. Like it should be. And you have to find one that you love or that you really enjoy whatever it is. It doesn't really matter.

Once you love it, you'll keep going. And that's really that's that was really important to me this year when building a plan and making things a little bit different, you know. And you think that's kind of from when you're found in love with these women and stuff that you wanted to show that.

Yeah, I yeah, I got injured in around April or so. I put an extruding disc in my back and I didn't think I'd ever run again. I thought I was going to need back surgery. And all of a sudden, the thing that I love to do, I couldn't do it.

And it was really weird. It's very strange. And I for about four months, I could barely walk on it. Let alone one. And that's how I got into sea swimming. And I got into endurance, which is long distance swimming, which is kind of I like long distance things.

Yeah. So that's how I got into swimming in Lockine in West Cork. And then I got into distance races and all that will be my personality. But it was when I couldn't run, I was like, geez, this is what do I do now?

Yeah, I always just run. It's kind of what I want to train myself to be able to do it in college because I couldn't run as a as a teenager, really. But it was the first time in my life that I couldn't run.

And when, you know, you're heading up to the double to your surgeon and you're not sure if he's going to tell you that he's going to need to slice you open and, you know, and operate on your back. And you're like, it's it was it was it was the first time I've ever had an injury.

And that really, I really thought about it during that time. I was like, what do we do now? And then I found other stuff that I loved, which is the sea swimming. And now I'm back running. I can run kind of 10, 12 K and then I'm back.

Well, it'll take that. And thankfully, with a lot of a lot of physio and a lot of hard work. But it was it opened my mind a little bit that I thought I was like, I think we need to broaden this out this year if I'm back.

And I was brought back, which is great. And OT is not the same at you. Well, you know, I'm 17. It wouldn't be. Yeah, no. I'm going to part of the furniture. But, you know, it was important to to when I couldn't run it, I was like, OK, well, then maybe we need to make this a bit broader.

And it doesn't really matter what you do once you have a grow for it and whatever it is, that's pretty, you know, that's cool. And it was a scary place to be. Like, you know, I've never really been injured.

And like I was I could barely walk. And that's scary. It wasn't good. He was stripped away. Yeah, it was very strange. It was very weird. But then, you know, what you do then is a you go to physio, like, like, you know, that's, that's the first thing.

And you get a really, really, really good team, right? We try and get better. And then but you also then go and shift and you find something else that you can do. So for me, assuming where it wouldn't really hurt my back much.

And then I found a girl for that, actually. And socially, since we moved to West Cork, it was a great way to meet people outside of my normal kind of group. And it was like, every Thursday, we still do.

We go to like iron, we swim around the lake, we have a coffee afterwards. And it's a lovely social connection, you know, it's a lovely, it is a lovely social connection there, too. When me was to see someone, I'd be a bit afraid to jump in because of the cold.

Like, what's the feeling when you jump in? Like, what'd you get out of that? Yeah, today was that kind of day, right? In the wet suit, it's different because you're kind of warm. But today, because Gary got in on the on the ladder thing, and I just died.

Oh, my God, it was like someone sucked the air out of me for about 20 seconds. Now I have a lot of water experience, right? So it kind of comes into play a little bit. I think the way Gary got in is probably the best way to do it.

I think so. Yeah, it was only afterwards. I was like, maybe diving into 60 degree water wasn't the cleverest thing in the world. But it is it's like, and you can think about nothing else by our breathing.

That's all you think about is breathing. And every trouble you have, every worry you have. And that's why like, Wim Hof kind of concept is so popular, because you can't think about anything else. You just think about surviving and breathing.

And it is very cold. Would you think you'd have to know about breathing before you go into it, like how to breathing is absolutely part of it. Now, again, I think if you know, Jane, you naturally focus on your breathing.

If you jump in, like I did, it's a bit more of a shock. But breathing and the cold water therapy goes together. Absolutely. There's no doubt about that. Like, they're, they're, they're interlinked, because the easy way to do it, it's a bit more of a shock, but breathing and the cold water therapy goes together.

Absolutely. There's no doubt about that. Like, they're, they're, they're interlinked, because the just you have to focus on controlling your breath and focusing on your breath. And by doing that, it all regulates your system, regulates much quicker.

And then all of it, but after about 20 seconds, you can breathe normally. Which is which is great. You know, it's and people probably think that's easy to do, but I suppose when you're in the water, it's not, isn't it?

I tell you, and you'll hear it. Depending on footage you get given to see or to listen to, you'll hear it where I come in and I'm like, like you're gasping for air. Well, a little bit. That's quite that delivers a thrill kind of concept, too.

Right. It's kind of it's kind of thrilling. And then, yeah, you regulate and then the waves are crashing over you. And it's just it's deadly. It was great. It was it was a lot of fun. It really was. No, it sounds amazing.

I can't wait to see the video. Yeah, it's a lot of fun. I was lucky enough to get a Dublin City Marathon ticket this year. So I'm kind of I know I missed it last year and I got one last three. Any tips?

Because I don't know what I have a coach and stuff. a group I go to, but I'm lucky enough, it's actually in Ballybokal, they're running club. Oh, is this? Go on. No way. And for those listening in, that's what I used to live in Dublin.

So, okay. So in terms of tips, right. So most marathon programs are built across 16 weeks of training, 20 to 16 weeks, depending on your fitness levels. And it's about gradually increasing the distance and building it up slowly.

That's the first thing. Second thing is running loads of hills and training because hills build strength. And a lot of people, when they train for a marathon, we'll do their long runs on like flat routes, which would be like back flat ones, just generally fairly flat.

Then they get hills in the marathon and all of a sudden their legs go jellyish at about mile 20, because there's a few hills. So like the more hills you can get in is great. Having a group and a coach, you have that substance sorted, which is brilliant.

And the final tip is that I'm actually very jealous. Like the first marathon, like it's like the first season. It's very difficult to describe the first marathon because it's all, but it's about enjoying it.

Like it's that last two miles, particularly in the double American where you come up, uh, you'll come up Pierce street probably, and it'll go up around Trinity college and you finish the shoot up by Marion square, which is lined with people.

It's amazing. Oh my God. It's so cool. I was at the line last year and I was like balling. So I was like, I can't wait to do for myself. I bought every year. Like any of those kinds of events, I just ball.

I just, I'm so, I just get even like the OT five K every year. I'm a mess. I just, I just fall apart. I just cause like it's the five leaders, right? Of course it is, but then it's the 5 ,000 people who come who just, you watch them cross the line.

And it's not like the lads here and the people who are running sub 20. Like that doesn't, that isn't the OT group really. Uh, but when it is watch people, people are incredible. They're just, people are just like, they're amazing.

And, and when you watch them cross, I literally, once I get my leader, the leader here running with across the line, I just start crying. And then and I cry for about half an hour as good as everyone.

And it's actually my favorite part of the whole show. Once I get my leader across the line and make sure they're safe and sound, I then turn around and I can go back down about 200 meters from the finish line and just cheer people in.

I love that. And it's my little- I remember you doing that for us. It's my little indulgence, if you like. I feel very privileged to be able to do it. And I feel very privileged to be as part of a show to be able to do it.

But that's my little zone. And I just go and I just high five people and I clap people and I give them a cheer and a holler. And I ball every year. I find it very emotional, very emotional. But even when you're standing there, like that means so much to other people as well, like that you're kind of supporting them as well.

Cause when they watch the show, they look up to the experts as well. And I remember like when I was before the show, I used to always like look up to you guys and you doing that really makes like a world of difference.

You know what? We're there for the love of what we do. And sometimes in TV where that can get lost a little bit, right? But I say that to the last person because like I've been that person. I've been like Paddy last.

I get it. And when someone gives you a bit of a cheer and you'll experience it in the marathon, there's nothing like it. There's just it just it just lifts you. And it's it's it's fabulous. And Carl, are we definitely not going to see you dancing on the show?

No. Sue me and Sophie said you're so new. No, actually, for those listening in, it was about inside the gossip. The best answer in the whole and the whole of the experts anyway. Hey, I would say the best answer is Catherine, right?

She's a particularly good dancer. But Eddie Murphy is brilliant. He is the best dancer. I tell you, he is the crack. No, I sit in the corner generally and hide to make sure no one gets near me. And actually one year, one year, many, many, many years ago, the add promo for OT for that year was a group dance to Justin Timberlake's don't stop the feeling.

And it was a group dance. And it was the most petrified I have ever been in 17 years. Because me, myself, Eddie and the other experts at the time had to go in and learn this choreographed dance routine.

Oh, we'll have to get that clip. I've never forgotten it. And every time I hear the song, it brings you right back to that moment I've tried to learn that. Brings back flashbacks. Oh, my God, the flashbacks of it.

I tell you, I cringe even thinking about it. No, no, me and my two left feet are very comfortable running, walking, cycling, surfing, paddle boarding, kayaking, swimming, hiking, anything but dancing.

And I'm very glad I haven't been asked to dance with Anne this year. But, Carl, thank you so much for coming on. And if you see it, 5K. We absolutely will. Thank you, Katie. Good to talk to you. Stay tuned later on the show where Carl will answer some of your listeners questions.

But for now. Let's see how Adele got on in her health check -in. Adele, it was fantastic to pop down to you during the week. Thanks again for having me. Sorry for the storm. No, listen, we can't control the weather.

So I set you a challenge while I was down there to promote positive engagement with food and the challenge was to go out for a meal with Martin. So tell me, how did you get on? I had a lovely time. We went to a meal in a local restaurant that we would often go to.

Brilliant. And yeah, it was really, really nice. I kind of, I did have a bit of a wattle eye order, you know, and there's the dish I always get and I was dreaming about it all week. And then I was like, okay, maybe I'll make a different choice.

And I said, no, I'm going to get the one I want because it's not, I don't know how bad it is. It's not that bad, but I did have the rice because it looked like a massive portion and I actually was very full and satisfied after what I did have.

I also had less wine, half a glass wine. because you said my only instruction was to enjoy myself and do what I'd normally do if I went on a night out in March. That's what I'd normally do. So I had a lovely time.

It was nice to even just have that time as well to be out with him and just, you know, just the two of us because we don't ever do that. I could not tell you the last time we did. So yeah, all in all.

Yeah, great, great little night out. Delighted, absolutely delighted. And what you're saying there is fantastic to hear. You're starting to get a little bit more lenient. So obviously we wanted to follow the plan, but there's there kind of comes a stage where we're becoming a little bit obsessive with it.

And is that realistic? Probably not. You know, this is long term. It's not just kind of four weeks where we're on this really, really restrictive phase. So you mentioned that you felt a bit panicked after having the meal.

Just talk to me a little bit about that. I suppose I was kind of thinking about the choices that I'd made, you know, and I think probably with the wine as well, I was like, was that okay or was that not okay?

I don't know. And with the I didn't know had I made the right choice in terms of the menu, you know, I was like, did I go into that being like, I really want that and I've had it and now it's like, you know, buyer's remorse or something like that.

But if you really want it, haven't I did. But you know, I am I am on an eight -week plan, you know, and I wanted to be honest and I know I have to be lenient and I have to be relaxed with it and not get obsessive with it too.

But I suppose I have that probably Eddie will say something about it. Does that need to please, but did I do that right teacher? You know, that's probably the panic of it afterwards. But also kind of I walked away from it in a more, you know, to talk to myself and I was like, no, that that was fine.

There was there was nothing wrong with that. That was fine. You did you had a lovely time. You made, you know, fine choices and brilliant. Yeah. So I just sometimes you have to talk to yourself after and you do.

Absolutely. Yeah, I think I think you're you're making great strides because previous weeks we were a little bit more focused on kind of being a little bit too exact and now that the fact that you've gone out, you've made the choice.

You felt in your head that it was a healthier option. like reduce the the rice which is a kind of happy medium as well so I think we're making strides it's just we need to continue it yeah okay and for that reason okay I am NOT going to get you to weigh in for the next

couple of weeks okay okay and that is purely just to promote a positive relationship with food okay and we do not want to be kind of dwelling on the fact that we're getting weighed every week and kind of put an emphasis on this foods gonna cause weight gain that kind of stuff okay so because can I just sorry can I just put in there yeah yeah because you said that you're on an eight -week plan yeah but you're not like you're on a plan for life yeah so you should be able to go for dinner but it's a difficult one because you're making so many changes yeah and you don't want to feel that you're falling off the wagon but you also want to there's a there definitely is a transition period yeah and you are doing exceptionally well at yes I just I want you to be confident in yourself after this eight weeks to say that okay it's Friday at someone's birthday and you don't have that kind of guilt or you don't have that those thoughts oh what am I gonna have is this gonna make me tired whatever it is yeah or be it weight focused I just want you to get to that point or four I can safely say okay we have that relationship and like with regards to food guilt at the minute is there food food guilt present I wouldn't say there's food guilt present I'm very surprised at how satisfied I am by the meal plan and so it's not really a food guilt because I I suppose I'm not really I'm not missing anything that I have an extract yeah I'm not restricted and I'm not it's not like I'm adding in something secretly which is what I would have done in the past so I don't think guilt because I'm not really doing anything to be guilty of and it's not that I'm leaving it out on purpose it's just that I just want to I suppose you know I'm fortunate to be one of the five leaders there's other people that weren't and I'm like I'm very grateful of my place here so I'm like okay you're here you know do it in the right way for not necessary for myself you know and and like you know other people too that I'm not gonna rip the piss with it like you know what's the right I don't know I think I'm contradicting myself no I don't feel guilty I just feel like I have a duty to be consistent okay maybe that's the wrong words you're conscientious anyway yeah that's what I hear yeah yeah you know it's tricky Adele because like I totally accept like we're here telling you to follow the plan you know and then I'm here not giving out but just kind of explaining that maybe we need to be a little more a little bit more lenient yeah but I suppose at the start we need to get into it follow it quite strictly and then we have to think about just making it a little bit more realistic yeah in terms of going forward so yeah and that brings us to today because today is day 29 yeah it's the next part of the plan yeah our leaders we kind of hand over to you guys yeah so you have more control Adele you know day 29 you get to choose your dinners you can have the same dinner for seven days if you want.

I wouldn't advise that because we're not getting nutrient variation, but it just gives you that little bit of independence. So I think this is actually a great point to say, all right, work away with your dinners, you choose them, a lot more independence, we're not gonna get weighed until the finale and then you're a little bit kind of less pressurized we'll say.

So that's the only thing that I would say. A lot of the issues that we see comes down to food guilt. Like when people feel restricted, it's that kind of yo -yo dieting that we end up seeing. Yeah and I am actually seeing it in, believe it or not, kids as young as nine who are going through these restrictive phases and they're ending up in this vicious, vicious cycle and you can only imagine how that progresses as we go on through through adulthood.

So I think if we try and just moderate it as much as possible, it is about balance, life's about balance in general and food is such a big part of that. We often, and I said it last week, I'll say it again.

We use diet sometimes a little bit incorrect, OK? Diet is literally the food that we eat. Yeah. It's not a restrictive phase. Yeah. OK. OK. But you are smashing it, OK? As always, you honestly are. OK, so well done.

Can I ask you now how you feel about not coming in every week to to know your weight? I feel fine about that, to be honest. Good. Like weight isn't something that really bothers me. When I see it here week on week, it gives me an indication that the consistency.

I'm like, OK, so you are consistent this week, and it's a check in almost. But I get the same from like your stats. Like I'd wonder, what is my metabolic age? And you still haven't told me something to tell me, but not yet.

You know, I wonder about those stats. I check with Fitbit. I'm like, oh, I see my heart did this. Or, you know, like this morning, the run was clocked as I don't know. For some reason, the Fitbit clocked it as a mountain bike bike experience.

We're working very hard. Wow. I wasn't. It was like zero percent. I don't know. But weight, it doesn't the idea of not getting weighed. It doesn't bother me. And I mean, if I wanted to know, it's a curiosity thing more than anything else.

Like I do not weigh myself at home. I it's not for me, the thing. So I hope it doesn't come across that it is. No, no, no, absolutely not. I just think whatever kind of pressure that you may feel under, we just want to alleviate that a little bit.

And I think just having that just free, complete freeness of having to get weighed and just do your own thing. And those non I cannot stress this enough, the non weight related indicators of progress are phenomenal.

Do you know how you feel in terms of your energy levels? Are you sleeping better? Are you kind of feeling better in terms of your your digestion? All of that stuff, mood, absolutely incredible, as opposed to just purely focusing on weight.

So just enjoy it. Give it your best shot like you're always doing. We had we actually the five of us had a talk this morning about the run today and the run that we did at that day in DCU. You know, so I kind of think, well, regardless of my weight, I can do.

I think it's a better statistic. to look at that day in DCU where I fell into a radiator. The dizziness and the stars I was seeing. Like, to this morning where I finished it and I was like, the back of my mind, I was like, I could really probably do another few minutes.

You know, it's that for me. I'm like, I remember saying it to you the day you came down to the house. I was like, I won't be able to run anywhere. And I'm like, that for me is more important. So if you took those steps away, it'd probably bother me more.

So don't. But wait, no, not really. But I think it's really great to hear you say that. And I think the fact that this is day 29 and we are kind of, you know, acting a little bit more responsibility and decision making to you will be great because we're not at the end of the eight weeks as you see it.

You know what I mean? Yeah, no, no, exactly. So to kind of feel your way through the next couple of weeks will be amazing and having the guys beside you to pick up the

phone about anything, whether it's running or the plan, the meal plan or anything like that.

And since you did visit, I did go off, but like it's not on the camera, but I did go like off script. Oh my goodness. I was, you know, I was like, I. I have no time to butterfly a chicken, so I made something different.

It was still a meal from the plan, but I didn't use the scales or whatever. I was like, I can put this together. I added things in as I saw fish, veg, you know? So I am going off script a small bit. Like, I'm making my own little changes, but in another way.

And how does that feel? It feels fine, like, it feels good. It does feel good to be like, okay, look, you can chill out there a small bit and, you know, do this and it's fine. It's reality at the end of the day, do you know?

I do like the plan. Like, is that okay to sit out? It's amazing. I love the structure. You can follow the plan, like, for as long as you want, but just to know that on the occasions where you do feel like a little bit of chalky or the crisp pops into your mouth, it is okay.

Do you know that kind of a way? It's just not to have kind of, we can't have and we can have kind of labels on it. Do you know that kind of a way? But is it also okay to leave the plan and go, God, you know what?

I didn't crave chocolate the whole time. I'm not craving it now. I don't need it. Absolutely. Yeah, be my guest. Perfect. Not a bother. I'm just wondering. I'm like, do I have to have it? But when you go out for dinner, but when you go out for your next meal, you shouldn't be questioning.

If you want your favorite dish, have your favorite dish and have it with the rice. Do you know what I mean? Yeah, it was an awful lot of rice though. Okay, well then, you know, if you're satisfied, you're satisfied.

Yeah, no, I was. I was happy, yeah. But back in the day, you would have eaten that rice. You would have eaten that portion. I probably would have and probably had looked for more after it, but now I think I do pause now after I have my meals and give it time.

And I'm like, actually, I am full. And I think that's fine too. It's the link. You're now more aware of your satiation levels. You're now more aware in terms of that link between your brain and your tummy.

You're like, okay, right, I am quite full here. We should only try and eat to about 80% fullness. When you get to that stage, your body's like, that's fine. And now you are more aware of those hunger cues and kind of satiation cues.

So excellent, perfect. But if you wanted more rice, you could have had it. Yeah, no, I could have. Oh, sometimes I go out for dinner and you're full, but you still have to have the dessert. It makes sense.

Always room for dessert. Now I'm the slow eater. it's like because I think it's a better way for me to kind of measure it almost. Do you know what you mean? I give myself the time to take it as like fuel which is what it is as opposed to just eating it for eating it's sake.

I think so many moms and dads but like when you've got young kids as well I find you know you're shoveling it in and eating on the go and not really sitting down yourself there's so much of that that goes on yeah certainly my house yeah yeah and that's that missing link then yeah the brain doesn't actually realize that it's it's full when it is full and you're still shoveling it in um so I think that's really important and like it's it's kind of an important message to pass to everyone do you know I think maybe as a nation we eat quite fast you know when you go to other countries they're they're kind of slower take it as a nice chilled process.

Yeah other countries maybe are more lax and every meal is like an event almost instead of just a thing. Who doesn't want to eat like an Italian? Well for three hours sitting around a table. It's my dream.

I know I know. If you've been affected by any of these issues discussed please see. Now it's time to answer some of the listeners' questions. Our first question for Karl comes from Helen, who asks, getting shin splints when walking?

Any help to overcome this? If you're getting shin splints when you're walking, my advice is to go to a chartered physiotherapist, let them have a look. Maybe get your runners checked in terms of your gait for some gait analysis to ensure that you're in the right runners and look at your stride.

So it could be too short or too long as a stride and the other final thing is that you're starting against that walk too fast, ease into it and then build up the pace. Next question comes from Eleanor, who asks, do you recommend exercise and walking on the same day or switching days?

So Eleanor, alternating days ideally. So if it's exercise, you're walking fast enough, alternating days to your distance workout is absolutely perfect. Marion asks, is it okay to have two rest days per week or not?

Marion, absolutely. You can have three rest days in a week if you really want. It all depends on how tired you are, your energy levels, your fatigue levels and the kind of week that you're having. So adjust your rest days to suit.

And finally, Niamh asks, recommendations for pregnancy fitness. In terms of pregnancy fitness, it is very specific for each person in terms of how fit you are before pregnancy with regards to what you can do during pregnancy.

I would advise you to check in with your GP or with your consultant or with your midwife in terms of the exercise that you can do. Normally, you reduce the intensity. You may reduce the weight, but it can absolutely vary from person to person.

Thanks, Carl. Join us next week, where I'll be joined by a leader from the very first season of Operation Transformation, Evelyn Farrell. We can't wait for that. Don't forget to tune in to Operation Transformation on Wednesday at 9 .35 on RT1 or catch up on the RT Player.

Thanks for listening. We'll see you next week.