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STEPPING UP

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**A newsletter, written with joy, for the curious, adventurous,
and modern-day action-takers of the world.**

Hey <<First Name>>,

It's summer. It's hot. I'm moving slowly. And when it's this hot for this long, I have trouble motivating myself to work out. So what I do is to try to remove any friction that might get in the way, and make it fun and interesting.

- Lay clothes out at night for early morning run or ruck
- See how short I can make the workout and still have it be challenging
- Vary it up - a lot - unicycle, bike ride, run, ruck, jump rope, stationary bike, kettlebells, mobility
- Waiting until the last moment before I know I have a hard stop time.

What are some of the ways you like to train in the summer? Would love to hear from you.

Andy

What I'm watching

The CrossFit Games. They're taking place this week (Wed, Fri, Sat, Sun) in Madison, WI, where 80 of the fittest human beings on the planet (40 men and 40

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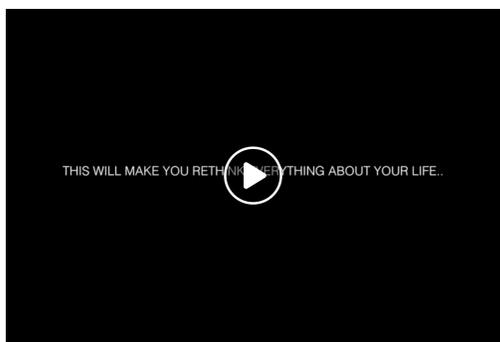
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2009 at the Games. Or perhaps it's because I have always had a fascination with seeing the limits of human capacity. In either case, I always have a great time watching it online - the coverage is great!

Best ways to watch:

- Phone - download the [CBS Sports App](#) (all free, no subscription required)
- Computer - live feed - <http://games.crossfit.com>



[The Impact of Screens and Social Media](#)

This was a short video (5 min) I clicked on when scrolling through my Facebook feed (ironic) that I couldn't stop watching. It's about the impact of screens and social media on human behavior and humanity. Phones, screens, and social media are all part of the technology that is making massive, rapid

changes to our habits and behaviors, and we have no idea of the long-term ramifications (doesn't look good). You be the judge.

How I'm Creating Space with An App



Meditation. Until recently, I had been an inconsistent meditator. I'd do it for 5 minutes a day for a week, and then give it up for 3 months (or longer). I've repeated a cycle like this repeatedly for years.

About two months ago I had the super sports psychologist, Michael Gervais, on my podcast [\[Listen here\]](#). During the conversation, we talked about something called the *default mode network*, and how meditation was the only way to really shut it down. By doing this you can, as a "normal" human, access "the superhuman zone" that elite performers get into when they do their thing.

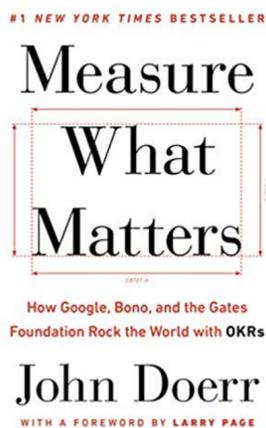
That was the purpose and motivation I needed. I began to use Kevin Rose's app

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days in a row.

I love this app... it has both guided and unguided options, and the sounds offered are fantastic. The best thing is that it's free forever. [Check it out.](#)

What I'm Reading (and integrating)



I've never been a big goal-setter. What I've come to realize (just recently) is that my resistance comes from my mindset. If I set a goal and don't achieve it, until now has had me feeling like I'm a failure. But what I'm starting to understand is a) not achieving a goal doesn't equate to failing and doesn't mean anything about me, and b) I'm missing out the really huge upsides to goalsetting by not setting targets (goals) and holding myself accountable to them.

This book, [Measure What Matters: How Google, Bono, and the Gates Foundation Rock the World with OKRs](#), had a lot to do with this shift in my mindset. While OKRs aren't goals, they are targets to shoot for, aspirational, and this change in context helped me see a lot. Perhaps it will help you as well!



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Quotes to Ponder

“Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.”

~ Saint Augustine

“If you tell the truth, then you don't have to remember anything.”

~ Mark Twain

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Katie Wells - The Wellness Mama. One of the most fun and most interesting podcasts interviews I had this month was with Katy Wells. As a mother of 6, she has set up her life (and her family's) to support everything she believes creates a life of well-being - from the way they play, learn, and read to the food they eat and habits they practice. She's also one of the **top 100 influencers in health and wellness.**

Lots of great nuggets in this conversation.

[Check it out!](#)

New Bodyweight Workouts This Month



I publish a series of follow-along bodyweight workout videos that I call "Living Room Workouts" (because I do them in my living room) that are guaranteed to both get you moving and kick your butt. The videos are a semi-instructional and in follow-along format, so if you have trouble figuring out what to do for a workout each day, you can just follow along.

These workouts are great for when you're traveling, in a bind for time, or have no equipment available and want to do something more to do than just "cardio." There are 34 videos up and counting (a new one goes up during each week of the Whole Life Challenge). You can find them here: www.andypetranek.com/workouts.

Parting Thoughts

As you make your way through summer, don't forget the value of a quick getaway, even if it's just a night or two. This past weekend we took a quick trip (2 nights) down to Newport Beach, about 45 minutes from our home. Though close by, it had the

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recharged and ready to rock-n-roll. I highly suggest getting one in.

Hope you have a great rest of your summer!

Andy

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