



# ANDY PETRANEK

## *Stepping Up*

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

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Welcome to Issue #1!!!!

This newsletter has really been about 2 years in the making, though it didn't occur to me to put it into form until about a month ago. Since starting the Whole Life Podcast, I've wanted a way to share what I'm doing and learning as a result of being this modern-day explorer. I tried many times to do it in the first 10 minutes or so of the podcast, but it never really fit there... it always felt strange and rather disjointed.

I was also reticent to take the risk of creating something solely in my name. For years, I've been the guy behind the curtain, pulling the levers, making decisions, but remaining in the shadows for all but my immediate community and closest friends. And while that strategy has worked for both [www.crossfitla.com](http://www.crossfitla.com) and [www.wholelifechallenge.com](http://www.wholelifechallenge.com), I'm at a point in my life where that sort of action really doesn't serve the world in the way that it could were I to really step up (hence the name of the newsletter).

For me, that means throwing caution to the wind, putting into the world what I want to, the way I want to, and being bold and courageous, knowing that even if it makes a difference for just one person (or for just me), it's worth it.

It also means bringing my light, playful mindset to the conversation in an effort to share what I'm learning in a spirit of adventure, fun, curiosity, and joy.

So... strap on your seatbelts. What follows are some of the things I've been up to

Andy

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## Who I'm Learning From

Two of my podcast guests this month blew my mind in the way that I look at some of the very foundational things in the world.

- The first, Ryan McKeown, author of *The Oxygen Advantage*, presented the idea that we all, as modern-day human beings, ***breathe too much***. WHAT? The simple notion that that could possibly be true compelled me to tear through his book and immediately invite him to the Podcast. It's really good stuff... super interesting (and by the way, I actually do tape my mouth closed every night when I sleep.)

### [Patrick McKeown — Learn to Breathe for Health and Vitality](#)

- The second, Dr. Jason Fung, for me was more of a slow burn. His was the first book (*The Obesity Code*) I had ever read by a western trained medical expert (he's a nephrologist - kidney doctor) about how we ***eat too much*** (are you noticing a pattern here)? Seriously, our grandparents were right - in order to give our bodies a break from the constant bombardment of insulin secretion, we should eat less (along with increasing the quality of our choices), and less frequently. I've been in the nutrition business for 20+ years, and it's the first time I'd ever heard a qualified western medicine M.D. discuss the benefits of not keeping blood sugar levels stable, and eating less frequently (intermittent fasting). Really - you should check this out.

### [Dr. Jason Fung — On Cracking “The Obesity Code” – Making Better Food Choices and Eating Less](#)

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## What I'm Watching

Mindblowing! Sorry, it's the only word I can think of when I consider the physical, mental, emotional and spiritual commitment it takes to complete the 7-year journey to enlightenment that the Marathon Monks of Mt. Hiei endure. Consider these two little pieces: 1) In year one, they complete 100 marathons, 100 days in a row (that's just the warm-up), and 2) Once you start on the journey, if you falter, miss a day, or

have to watch the 57-minute YouTube documentary to get the full picture. It's riveting.

## [Marathon Monks of Mt. Hiei](#)

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## Quote of the Month

"The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he vowed to make it."

~ J. M. Barrie

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## Apps

Two good ones to recommend.

- If you do any sort of interval training, CrossFit, running, or cycling intervals or just want a fantastic countdown timer, [Seconds Pro Interval Timer](#) is the best. It takes a little time to understand the nomenclature and how to set each type of timer, but once you do, it gets the job done better than any other I've tried.
  - Many of you are participating in the Whole Life Challenge. That's great. Perhaps you might also like to have a really simple app for tracking your progress on your own, and/or for other areas of your life. Believe me, I've tested a bunch of them... [Habitify](#) is the best and simplest I've seen.
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## Parting Thoughts



I was reminded this month of the value of adventure in your own backyard. We live Los Angeles, and when our In-Laws came to visit, we started to make a list of fun things that THEY might like to do. I never once considered that the list I was actually making were things that I might like to do too.

The two things that stuck out for me that we actually did

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came to visit, we wouldn't have done them. I had a blast doing both. I'll bet your "backyard" has some pretty awesome adventures that are sitting there right in front of your nose - all you have to do is look.

Have a great month!

Andy

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