

Written by Allan Besselink
Saturday, 01 September 2012 09:21



The podcast “Consumer’s Guide To Health” returned to the airwaves in January. This biweekly podcast and live stream airs on BlogTalkRadio every second Thursday at 11:00am central time. Join the discussion!

Episode 50 is entitled “50 Episodes To Live A Smart Life”.

It is hard to believe that there are now 50 episodes of Consumer's Guide To Health. Since 2009, the episodes have covered a broad scope of consumer-focused health, fitness, and health care topics. I have discussed the health care system, its limiters and its solutions. I have had some great interviews with athletes who have shared some tremendous stories and tales. The show has presented fitness-related issues, and it has presented clinical issues to the broader public awareness.

Written by Allan Besselink
Saturday, 01 September 2012 09:21

This episode recounts some of the main concepts and ideas that are underlying "Consumer's Guide To Health", with a few thoughts on what the future holds for the podcast.

All previous episodes of CGH are currently available on my [BlogTalkRadio channel](#) . You can subscribe via

[RSS](#)

and the podcasts are also available on

[iTunes](#)

. The next episode will be on Thursday, September 13.

Episode 50 Notes: 50 Episodes To Live A Smart Life

Welcome to the Smart Life Project's "Consumer's Guide To Health" for August 30, 2012. I'm your host, Allan Besselink, coming to you live from Austin, Texas (as I do every other Thursday at 11:00 am central time). This show is brought to you by the Smart Life Project, a health initiative based in Austin, Texas committed to providing sports science solutions for training, rehab, and life. Life is a sport - play smart.

Becoming a consumer of your own health and health care is critical in this day and age. The health care and fitness worlds can be a challenge to negotiate. But we are also in an era of accessibility to information, and as I always say, knowledge is power - if only we'd use it. Let's face it though - the inability to challenge our belief systems in the face of good scientific evidence is the primary limiting factor in the advancement of both health care and coaching, as well as human performance and injury prevention. And as I always say - don't shoot the messenger.

The primary goal of this show is to increase awareness of these issues so that people can become better consumers of their own health - from the grass roots level on up.

With that in mind, our call in number is (347) 843-4753.

Today's episode 50 is entitled "Fifty Episodes To Live A Smart Life".

I would have to admit that it is a little hard to comprehend that there are now 50 episodes of Consumer's Guide To Health. Since 2009, the episodes have covered a broad scope of consumer-focused health, fitness, and health care topics. I have discussed the health care system, its limiters and its solutions. I have had some great interviews with athletes who have shared some tremendous stories and tales. The show has presented fitness-related issues, and it has presented clinical issues to the broader public awareness.

The basic principles have been simple. Educate consumers. Raise the level of consumer awareness on issues relating to their health and fitness, their health care, and to the factors that affect each of these areas.

As the Dr. Phil quote goes, if you don't tell it like it is, it will stay like it is. Frankly, I think that is a critical element in all of this. Consumer's Guide To Health has attempted at many times to clear the air of issues, and to discuss the proverbial 800 pound gorilla that is often in the room when many of these issues are discussed.

It is all about how to Live A Smart Life. And now, there are 50 episodes to further reinforce how this can be done.

[continued]

Photo credits: [joehardy](#)

Related articles

- [CGH 049: The Why Of Warm Up And Cool Down](#)
- [CGH 048: Where Is The Health In Health Care?](#)
- [CGH 047: 800 Meters To 100 Miles](#)