



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 38 is entitled "From Couch To Ironman". For many, simply becoming active is a huge undertaking. There are times when all the hard data in the world just isn't enough to motivate people to get up and get moving. But sometimes, that initial choice to "get moving" can blossom into an active lifestyle. With some success comes a desire to push our boundaries a little further, to push the limits of our bodies and our minds. So what is it that gets this ball rolling?

My guest for this episode is Carrie Barrett - humorist, triathlon coach, motivator, and last but not least, an Iron-person.

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The next episode will be on Thursday, March 15.

Episode 38 Notes: From Couch To Ironman

Welcome to the Smart Life Project's "Consumer's Guide To Health" for March 1, 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.

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

Today's episode 38 is entitled "From Couch To Ironman". For many, simply becoming active is a huge undertaking. If you have listened to this podcast or read any of my blog posts, you know

that I have been fairly vocal about issues related to health, health care, fitness, obesity, and the social and economic costs associated with them. But you know what? Oftentimes, the harsh reality is that all the hard data in the world just isn't enough to motivate people to get up and get moving. Frequently, it comes down to fear, or a perceived threat to our own well-being and ability to live a prosperous existence.

But sometimes, that initial choice to "get moving" can blossom into an active lifestyle. With some success comes a desire to push our boundaries a little further, to push the limits of our bodies and our minds. So what is it that gets this ball rolling?

To discuss this further, we have today's guest. Carrie Barrett is a woman that wears a number of hats on a day-to-day basis: humorist, triathlon coach, motivator, and last but not least, an Iron-person. Instead of re-inventing a bio for Carrie, I am going to start with her own words, from her own blog: "I love to speak, make others laugh, motivate, teach and inspire others to realize the powers that they already possess; Powers that I didn't know I had ten years ago; Powers that I couldn't have imagined would turn into the life and career I'm living." She has previously appeared on this podcast with her husband Shawn in Episode 7. You can find Carrie's website at fomotraining.com.

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