

## Physical Activity and Mental Health\_mixdown.mp3

**Voiceover** [00:00:02] This podcast is brought to you by the University of Aberdeen.

**Bekah Walker** [00:00:09] Hello and welcome to our BeWell podcast series. Today, we're going to discuss the impact that physical activity can have on our mental wellbeing. Joining me today, we have Tim Baker, who is a lecturer in Scottish and Contemporary Literature, Lisa-Marie who is currently studying her master's in law. And Kyle Greig from Aberdeen Sports Village. A huge, warm welcome to you all and thank you so much for joining me. So physical activity, we know, brings a wealth of benefits to our physical health, but also to our mental health too. But what do we mean by being physically active? What does it mean to you? And why should we consider a more active lifestyle?

**Kyle Greig** [00:00:47] Well, firstly and well, thank you for having me on the show. It's great to be on. I actually do my own podcast called Tartan Running Shorts, so there is my plug, and it's all about running in Scotland and promoting running in Scotland to mainly runners. And as I said before, I work within Aberdeen Sports Village, as one of the managers there. I'm also an athlete myself and I'm a distance runner at elite level. I mainly do marathons to ultra-distances, so some people might think that's a bit extreme for keeping fit but for me, I think it's not. And you know, I've been running for many years now. Twenty five years since I was eight years old. My mum threw me out and put me in all these different sports clubs and just got me swimming and got me doing martial arts, got me playing football, got me running. And the main one that I kept doing was running. And I don't know if I was running away from something or somebody. [Laughing] I'm still trying to figure that out. But what I do know is having running and physical activity in my life has made me the person I am today and without that I really don't know what I would have done. And, you know, in all walks of life, you know, from a successful career perspective, I mean, obviously working in sports so, I think doing that helps. And also, just my mental health as well. Like for me, I've had struggles in the past as I was growing up as a teenager and, even now when I'm working full time, I'm trying to train like a full-time athlete. I've got one year old, lots of things, obviously covid is now something that we're having to deal with. There's all these things and all these different things in various ways, lots of pressures. And the one thing that really gets me, it really gets me out the door and really helps my mental health is going for a run outside. That really does just sort me out. It's if somebody said, what would you prefer? I know it's not the same thing, but for me, an anti-depressant versus outdoor exercise. Outdoor exercise ten times over. And I've had various levels of stress and depression in my life. So yeah, that's the number one thing that really gets me through. So, your question, Rebekah, what was it again, I don't know if I actually answered it?

**Bekah Walker** [00:03:22] I think you have answered it was just what do you mean by being physically active? What does it mean to you? And why should we consider a more active lifestyle? And I think you have hit the nail on the head there as why we should.

**Kyle Greig** [00:03:38] Yeah, I agree. You know, but what I also say what works for me, might not work for other people. I'm going out for a marathon, not everyone's going to be happy when they finish doing the marathon and not everyone can complete that. So, I'm grateful for that. But it's the various spectrums of exercise I think really does help people. And it doesn't have to be going for a run, it could just be going out for a walk with the dog. It could be playing badminton with your friends, like the social elements are really important too. So I would say please don't follow what I do, because ultra-running might not make everyone happy, but it's the certain things and practises in my routine that really keeps my mental health healthier I suppose, and physically healthier for me too. I'm not

just saying that it is a cure. Certainly not a cure. I'll come back and I'll still have all these stresses and strains. But it definitely helps. Certainly so, yeah. I don't know if anyone else wants to jump in, I feel I'm taking over the show.

**Tim Baker** [00:04:48] I'm happy to jump in, thank you Bekah for having me. So, like Kyle, I am a runner and a distance runner. But unlike Kyle, I am not an elite runner at all. I do like marathon distances and I try to do that every five years or so and it takes me about that long to recover and put myself through it again. So I am. But like Kyle, it is an outdoor experience for me, and I always have done sort of longish runs every weekend or so. And in March the last thing I did before we were locked down was I bought a new pair of trainers because I knew I'd need it. And I made the commitment that I was going to spend 90 minutes outside every day. And some days it's walking very slowly, some days it's running, some days it's a sort of 10k. Some days it's a much longer run. But the idea was if I had something I knew I could count on and I knew I would do no matter what, if it's dark, if it's raining, whatever, I'm outside. And for me, it's partly that it's something separate from the rest of my life. But also, I can't meditate. I can't contemplate, my mind doesn't do that. The only time my mind stops is when I'm running. And I don't think of anything. I might notice the waves or the sky, I might notice that my ankle hurts, but other than that, all I'm doing is being in my body for 90 minutes. And to me that is the closest thing to mental health I can get to because I'm not worried about personal life, about work life, I'm just worried about the next step. And to me, that's been absolutely essential over the last sort of nine months, even though, you know, I did register for a marathon right at the start when I didn't think we would be that long [in lockdown]. And it doesn't matter that I didn't get to do the marathon because it was running sort of mid-length distances all the way along. That was actually the important part for me.

**Lisa-Marie Schuchardt** [00:07:09] I've been in law school for the last five years because I've already completed my degree in Germany and Law School is just sitting all day and reading all day. So, you don't really get much physical activity. But what you get is stress and back pain, I can tell you [laughing]. But I've been also working as a group fitness instructor for the last six years approximately. So, I really know that it's really important to move your body. And even though I've been on the peak of law school, and right before taking the bar exam, I still always took time out to leave the library at four or five p.m. to go to the gym, because I can probably say I haven't been on a run willingly my whole life because I'm not a runner. I hate running, I am more of an indoor sports person. So, you see how different it is for everyone. I really love being in the gym. I love group exercises. I love people around me. I love music and I love shutting off my brain. And also, yeah, I was working there, of course, but I've also been there every day. Also, when I was working, people were asking me, are you sleeping here? Is this your home? And I was like, no, you know, my home was like divided between the gym and the library, not fifty fifty. But I'm in both places basically every day, because when I arrived at the gym, typically I've done like a thousand or two thousand steps in the day and it was five pm. So, I literally just have been sitting, I went to lunch and then sitting again, and it gets really stressful, especially in the end. And you're just all your thoughts are just circling about law and books and sitting, and then everybody gets back pain and pain in general. So, I just saw my friends like, hey, let's go outside, maybe take a walk if you don't want to go into the gym, because I know that's really not everyone's thing. And they say, oh, I don't have time and I cannot take time out of my day. But I really think that going to the gym kept me sane through my whole law experience. And also, when I'm struggling with a problem. For example, today I was struggling with an assignment I had. I was just saving the draught, put on my gym clothes, went to the gym, came back. Everything went perfectly with the assignment. So, I haven't been thinking about it during working out, you know, that's why I think it's really important.

Also, if you're studying something where you are sitting down a lot still to remain active, you don't have to study sports to stay active at Uni.

**Bekah Walker** [00:09:34] Yeah, definitely. I can definitely agree with everything that's been said. I only started running when I couldn't go to the gym in lockdown and the thought of running to start with was horrible, but I actually now enjoy being outside more than the run and it really has literally helped me through lockdown because I am quite an active person. So when the gyms were shut I was not sure what I was going to do with myself as like I don't like running, but I just, you know, I put my energy into that. And it's so helped me set up my day for working at home. As you say, you can sit down all day and it comes to like, you know, four or five o'clock at night and you've done a thousand steps. So it's so good just to get out, like you say, for a walk or for a run. And I think it's so interesting that you say, Lisa, because I know that a lot of people can find it difficult to take time out of their studies to go and exercise, especially if you're feeling stressed or under pressure. It can feel like a hard thing to do to take time away when you might have a looming deadline that you feel like you need all the time to cram in and get to that deadline to finish your coursework. But taking that time out can be so crucial to your concentration levels and, you know, boost your creative thinking. Like you said, you came back from the gym and, you know, your coursework went so much smoother than what it was doing before. And, I certainly notice the benefit if I don't go to the gym in the morning before I start work, my brain is so slow and I'm like so groggy. And I know, like, I need to get up and I need to either walk, run, go to the gym, do something, and it just sets me up for the day. So, I guess, like what? What are your guys thoughts on that? What is the best time to exercise? Is it better to do it in the morning, halfway through the day when you're feeling stressed? What do you guys think?

**Kyle Greig** [00:11:32] Yeah, I agree with Tim and Lisa-Marie. I think you're absolutely bang-on. Everyone's different in terms of what they get from it and there are equal benefits, but there is degrees of benefits for your mental and physical health. One thing for me, I'm the same as you, I like to do a run in the morning and get it out of the way and I get a real healthy breakfast in me and a coffee and I'm ready to take on the day whatever it's got, throw it at me and I'll try and battle it off or deal with it. However I do it. Sometimes being the sort of obsessive athlete, exerciser whatever you call me, I end up going for another run or I'll do something maybe slightly different just to break up the day. Some people might not be able to go outside, it's dark or raining whatever it is, just getting out of your seat and going for coffee or doing 10 squats. You know, I'm not at University anymore, and some of the students are listening to this, but still my role is sitting down reading stuff, being at the desk, it's very monotonous. My brain stops thinking and just starts typing until I do not even know what I am typing anymore. But just getting out of your seat and doing some squats. You know, you have to do a massive circuit, but just something to move your body again, you know, it can be press ups, you can be squats, you can just be having a walk around the house. You just lift up, you know, get that body out of that sitting angle and stretch it out. Stretch your mind, your body, your soul. Just get re-energised for another couple hours, or however long you've got, you'll feel much better for it. Speak to people, just go for it, see if you can speak to somebody. The social aspect is very important as well. You know, if you can keep liaising with somebody, speak to someone on the laptop or, you know, whoever is with you. Go play with your cat or play with your dog or play with your wife or your girlfriend or boyfriend, whoever it is it doesn't matter, like, do something with them and keep variety in your day. To sit in that spot for the whole day, because that will make you, as it does for me, quite groggy and grumpy.

**Tim Baker** [00:14:05] And as a morning runner, and I do like to run in the morning, although I've discovered there are more dogs on the beach at about five o'clock and I don't have a dog and I wish I had a dog. So I do like running sometimes when there are more dogs to look at [laughing]. It's an incentive. But, you know, most of what I do is either very small goals, answer this email or very large goals, write this book, conceive of this lecture. And what I like about running in the morning is I've set myself a particular goal in terms of time or distance or whatever it is. And then I have achieved a thing for the day. And if I achieve nothing else during the day or I'm only doing bitty work towards a larger goal, I can still say at any given point, but I accomplished a thing I set out to accomplish. And one of the things that's been really important for me as a runner who is not a good runner, but just someone who likes doing it, is I have a theory of no bad runs, which is sometimes I'll be slow, sometimes I'll be fast, sometimes it will be very cold and windy and miserable. But I always say, as long as I achieve a goal, then it was a good run. And if it wasn't the goal I wanted, that's fine. And for me, that does give me a more positive outlook on all of the other goals, because I can say it's OK if you didn't set a personal best. That doesn't matter. It matters that you just that you put on your shoes and got out the door and that's been a huge motivational factor for me.

**Kyle Greig** [00:15:59] Can I just add, just on that point, people think that an elite runner like myself, I wouldn't class myself as an elite athlete. I'm not breaking world records. But I've been fairly successful for what I wanted to get out of it. And I'm grateful for that. But some people go, well, yeah, you know, it must be easy for you. And I'm like, well, no, it's not been easy. It's tough to get out the door and do something. And I'm like you Tim, I have bad runs. When you get out in the miserable weather out there. But, you know, I just get a finish and go, that was great. You know, I did not get a PB [personal best] I didn't hit my times. But it was just great. I'm just glad to be doing it. I feel better. I've asked the question, why do I run? People would ask or if I ask somebody or one of my friends, why do you think I run? And the first thing they'll say is they'll probably say, because you want to win races, you want to be the best you can be, and you want to get personal best. And then I started thinking about that question. And maybe when I was a kid, that would be the case. But now, why do I run? Maybe it is to get PB's and things. But why do you want to get a PB? Because it makes me feel good. Which is great. But when I dig deeper into that, if I got a PB and it didn't make me feel good I wouldn't want that, I wouldn't want to do it if it's not real, I'm not getting anything from it. And then I thought, if I'm getting older, I still I hope I'm still a spring chicken in the world of running, but I'm not. I'm thirty four years old I've been running for 20 odd years. I'm going to reach a peak in terms of running and performance and I'm not going to get any faster. And then what do I do, I just quit? No, I'm not going to quit. I enjoy the feeling of running. I enjoy being outside and just experiencing that. And that's where I say, why do you run? Because it makes me feel good. It makes me feel good just to be outside, just to be outdoors. It doesn't matter if it's twenty minutes, if it's if it's 20 hours, it makes me feel good. It can hurt but the feeling I get, the benefit of my physical health, well to an extent 20 hours maybe isn't great for your body, but you know it makes me feel good physically and mentally and that is why I run and that is why I love exercise, because of that feeling that is something that will hopefully stick to me until I pop my cloggs. That is my opinion, for me, I'm with you Tim, that is why I do run and not for the winning.

**Lisa-Marie Schuchardt** [00:18:54] So for me, I usually went in the evenings after I've been in the library just mainly for logistical reasons, so because everything was in several parts of the town, but I also really enjoyed it because, you know, usually group fitness classes are in the evening. And I enjoyed those more in general than to work out on my own in the gym. So, but then when lockdown came, I went in the mornings because just

out of boredom, because I didn't have anything to do because I graduated. So, in the mornings. But it's not really my thing. So, I don't really need the workout to wake up. I usually get up, get breakfast, no coffee, and then my brain is ready to work, but my concentration goes down during the day. So now I settle for like early afternoons to get like after lunch break a little bit more energy and then come back and continue with university or do something else. Maybe when I finished everything in the morning. But I also had colleagues in law school who went like before the library opened in the mornings and then again after it closed in the evening. And I really think that's a little bit when you can get in a dangerous cycle when you have to study, which is really sitting down all day, because then your thoughts are clicking and like, I'm gaining so much weight, I'm just sitting down. I'm not active enough. So I'm going to the gym twice, like in the morning and evening. And I mean, if it works for you, if you may be doing yoga in the morning, running the evening, fine. You do you. But I really think it's important to work out because you love your body not because you hate it. And I feel it's really important for exercise in general to really keep in mind that your body is not your enemy, but you're doing something good for your body and working out, as I said, back pain. You're sitting down all day, so you want to work on your muscles and stretch out a little bit. So, yeah, I feel it's really whatever fits your day. If it's early in the morning and you prefer to get up an hour earlier maybe to go to the gym, I know those people who go to the gym at five a.m. just so it fits their day or they go to the gym at 10:00 pm. Whatever works for you. You know, I feel like there's no wrong or right time because everybody saying you have to run in the morning to get energy. For me, that's the worst. When I run in the morning, I'm like dead for the whole day because it's really not my thing. So, yeah, I think it's really individual to just do whatever makes you happy and energises you, because in the end, really the workout or the exercise you do should energise you. But also I feel like if you go in the evening, it's good for people who have trouble sleeping, because for me, when I went to the gym and the evening came back, showered, ate, I was just ready for bed. So I would recommend trying it to somebody who is maybe, not really having sleep problems, but likes this exhaustion at the end of the day.

**Bekah Walker** [00:21:58] Yeah, I think that I completely agree with everything you've all said. And like you say, everyone is so different. I know that for me, I get up and I go to the gym. If I don't go first thing, I kind of just feel like strange all day as it's part of my routine to get up, put my gym clothes on, go to the gym and then come home and shower like if I planned to go later I'm always like, do I shower or do I not shower? And like, my brain's just all to mush. So for me, that's certainly how it works. I have colleagues that prefer to you know, they've had a busy day at work and that's how they switch off from work. So you're a hundred percent, right. It's completely different for every person and kind of touching back on to the motivation and stuff as well. You know, there's so many times where it can be such a struggle to get out of bed. Certainly right now when you're going to the gym, you have to go at a set time because you've got booked slots, whereas previously it wouldn't matter if you were 30 minutes later in the gym, you could go then. But if I'm 30 minutes late, I miss my slot in the gym and then I can't go to the gym. So it can be really difficult to motivate yourself. But I know 100 percent as soon as I'm finished my workout, whether I haven't lifted as heavy or if I've ran slow, I always feel so much better within myself. I just feel ready to take on the day. And I always feel better when I finish from compared to when I started. Like, I can't like stress that enough that it makes me feel so, so much better and I always, always feel better after exercising. And I know for some people there's a lot of barriers to being active whether they're you know, you kind of touched on Lisa Marie as well, like body image. People might not feel comfortable in their body. They might feel like going to the gym, there will be people watching them or some people might struggle with like the cost or an injury, I guess. So I'm just looking at you

guys and thinking of what sort of advice would you give anyone that's listening and feeling that way? They feel like they can't really exercise.

**Kyle Greig** [00:24:09] Well, firstly, everyone, including myself, has barriers to exercise. Everyone does. You know, I don't want to go to the gym and lift weights. I'll go to the gym and go on cardio machines. And that is a barrier for me. And so and vice versa. Some people love going to the gym or maybe just go to exercise classes. They don't go to the gym. There's barriers in that respect or they want to go to the gym or they want to run outside at a certain time. All those things come into play. So many things that we have to overcome. And there's not a one size fits all answer and we have to do what we can do. And after that, the bottom line for me is if you do something, if you can move. It doesn't even have to be the form of exercise that we are chatting about, it can just be going for walk, gardening and doing something that makes you move. That's the key thing here is, is moderate exercise. You can do vigorous exercise. You've got your recommendations, I am out of touch at the moment, but five times a week we are meant to exercise and Bekah, you might know the answers to this...

**Bekah Walker** [00:25:32] Yeah, 30 minutes a day, five times a week. One hundred and fifty minutes over the course of the week. You can break it down to whatever way. Even just do it in three, ten-minute bouts per day. That's what the Scottish government guidance is.

**Kyle Greig** [00:25:44] There you go. Someone who knows what they're talking about. So what I'm going to say, this is a question for everyone who's listening, there must be something in that 30 minutes that you can do that suits your lifestyle, your body, your personality. And after all, you know, if there's anyone who has issues with the way they look and I'm a personal trainer and I've got people, and I have experienced this not firsthand, but second hand, when I chat to my clients and some of them are overweight and they don't want to go outside, they don't want to go to the swimming pool, but I'll find something for them to do that they're comfortable doing. And if someone is overweight, just now if you do exercise, hopefully what will happen is that you're going to reduce your body weight. You are going to look better and feel better. You're going to be more confident. Physical exercise gives you the confidence. It doesn't mean that you're going to be this, you know, super confident person who is going to go up and speak to tens and thousands of people. That is why there is podcasts, because it's just me speaking to a screen. You know, it's not really but I'm comfortable with that. I was not when I started doing it that was a barrier for me. Was doing my own podcast. Episode number one of the Tartan Running Shorts podcast do not listen to because I was a bag of nerves, and I'm still a bag of nerves. This isn't my comfort zone, speaking about physical activity. Speaking about running, I can do forever but physical activity, it's not a thing that I'm hugely comfortable speaking as a podcast, but I also know about it. But anyway, where am I going with this? All I'm trying to say is just do something that works for you. And it doesn't matter what kind of physical activity it is, make it work for you. Does that answer the question, Rebekah, I don't know? Maybe?

**Bekah Walker** [00:27:41] Yeah, it definitely does. Do what works for you and don't worry about what other people are thinking. You know, other people in the gym are also there to get fit. Everyone has different goals. And I suppose that's something to bear in mind as well.

**Kyle Greig** [00:27:59] You might find as well like someone who's lifting weights and looks super confident and arrogant. You put them in a different situation, a different environment.

They're going to be a bag of nerves. You know, not everyone, it might look like they know what they're doing, but, you know, that's something, when I go to the weights area and I am just wee scrawny Kyle, I'm a little bit intimidated by that. But if they were to jump on the treadmill with me, they'll probably feel intimidated, but I don't care. I go either way. We all go to the gym for ourselves to make ourselves a better person and a better human being. And no one cares. No one really cares. And if they if they're judging you, there's a reason why they're judging you.

**Bekah Walker** [00:28:46] With within themselves, they're almost judging because they're concerned about something within themselves. It's nothing that you are doing in your workout definitely.

**Kyle Greig** [00:28:55] Exactly. But no one cares, just get on with it and enjoy the experience of it. You are only on this planet once, make it count.

**Lisa-Marie Schuchardt** [00:29:08] I would also say because I worked in female fitness for several years. So, I really know, kind of my piece about like body image and also struggles you have, especially as a woman in the gym, because they are sometimes really those types of situation. Like you don't belong to the heavyweights, like everyone belongs to the weights. Everybody belongs to the gym. The gym is for everyone. So and also, yeah, there's lots of people comparing themselves to each other. And I had actually a client in my class who said she doesn't want to do so many squats with resistance bands because she doesn't want to have legs as big as mine. And I was looking at her and telling her that this is not going to happen because even if we all ate the same and exercised the same, we wouldn't look the same it's just not how it works with bodies. And I told her, like, not to be afraid of weights because we get this a lot that women say, I'm afraid of weights. I don't want to look bulky or something. But I mean, I personally love lifting weights. And I can tell you it really doesn't make you, like, look like a bulk of muscles or something. It all depends also on your goals. If you're like running on a treadmill you do that, if you like lifting weights, you do that. There are so many varieties also in classes, go to a group class, for example. And that's not just like boring classes. There are so many things right now in the market. There are different programmes, there are dance programmes, there are lifting there are cardio, there are athletics, there are high intensity workouts. There are so many things you can do, just try it. And they always tell people like go to the instructor and tell them you're new. You want to try the class, if they have tips for you, if you can stand in the back today or if there's something important about the class because they are there to instruct you, as the name says already. And I personally loved when people came up to me and said, hey, I'm new, I want to try this class, what is it about? What should I do? Just speak to people, I know it can be scary to go to a new class. I have the same feeling when I went here to the new classes in the gym, I didn't know about it. I was like, oh my God, I'm new. And I mean, I'm an instructor myself, so I'll be fine probably in most of the classes. But still, I was insecure and I just went up to her and said, hey I am new you is it okay if I stand in the back today and just observe what everybody's doing. And she was like, yeah, sure. And then we chatted after the class again. And it's really nice, you know, and also if you want to go to the gym, but you have the feeling like you don't know what to do. You don't know exercise. Like there are people working in the gym, like personal trainers. You can speak with them as well. You can ask them, do you know a good exercise, too, I don't know, for the triceps or anything. They're there to help you. And you can also maybe book a session with a personal trainer, get an instruction. And even though people are saying, oh, my god, this extra money, but this is money invested in yourself and in your health, and you can always go from there, take it just as a starting point just to start. And also, like, really, nobody cares what you're doing. Like, sometimes I've been observing people,

but more from a professional point of view, because I think, oh, my God, this person is ruining their backs. I should tell them not like that, but I'm not really judging people and I don't walk up to everyone in the gym like giving out advice how to do stuff if they're not asking for it, especially when I'm not working there. So when it was my workplace different story but like you do you, you know, the gym is really for everyone. And also, if you're self-conscious about going to the gym, do a home workout. You can do so many things at home. You don't need any equipment. You just need a mat. And if you don't know what to do, just go to YouTube. They're like a million really good workout channels there. And really you can do anything with YouTube, start there and maybe then you want to take it to the next level, go to class, take a friend, really like do stuff together. That's the best way to do it, in my opinion. Just take a friend, go together, have fun.

**Tim Baker** [00:33:23] I think, you know, one of the other barriers is sort of injury and disability. And as the oldest person in this conversation, pretty much every bit of my body has given out at some point by now. But I think one of the things for me is the more I do, the more I know what's an actual injury and what's a small thing and in some of the knowledge of your body that you get just from repetition and saying, OK, I know if I push too hard at this particular point it's going to screw me up and I'm going to be in bed for a week, so I've learned not to do that or whatever, but there is a confidence that comes not in terms of how you present to the world, but how you present to yourself. That, I think is really important in both in knowing what you're capable of and saying, if I push that little bit more, I'll do it. But also, I think there is a confidence in knowing what you're not capable of and saying, yeah, that's not for me. And it's when I talk to friends who don't like running and they say, oh, I went for a run and it was the worst thing I've ever done. Why are you running? There are lots of other things you could do. I run because it's the thing I enjoy. If you want to go swimming, if you want to, you know, do stretches on your living room floor, that's great. Don't put yourself through something you're going to hate but push a little bit harder on the thing you know you like. And that that gives you a self-knowledge that you're not going to get any other way.

**Bekah Walker** [00:35:01] Yeah, I love that, I think what I've taken away from this podcast is, yeah you do you, anyone can do, you can do anything. And I think as well, from this conversation I've taken away, that it's maybe the perception that people can have and how we look at physical activity. We shouldn't look at it as something that we have to do or we should do. But we do it because it's something that we like. We value the positive benefits it has on our overall mind, body and wellbeing. We do it because of those benefits, not because we're told to do it and someone's telling us to do it. It's been absolutely fantastic, speaking to all three of you. I've really enjoyed this conversation and exercise is something I'm super passionate about. And it's great to just have a conversation with people that feel the same and hopefully help others that maybe are struggling a little bit or thinking for ways, or how do I start to get active? How do I stay active? Why should I be active? And I think and hope from this conversation that we maybe have helped some people with that. So I would just like to thank you all so much for joining me today and sharing your experiences. If any of our listeners are looking for ways to get active, we'll share some links to Aberdeen Sports Village in the comments. You can check out the facility. That is where I go most days when I'm exercising. And you can see information about their memberships, too. So thank you again so much to you guys for joining me, our listeners, for tuning in. I hope you enjoyed the episodes. Take care and I'll see you next time.

**Voiceover** [00:36:46] This podcast is brought to you by the University of Aberdeen.