



1
00:00:10,080 --> 00:00:20,390
congratulations

2
00:00:25,509 --> 00:00:23,189
i've got a question here from dick

3
00:00:26,790 --> 00:00:25,519
cashton 65 years old

4
00:00:28,950 --> 00:00:26,800
from new york

5
00:00:30,550 --> 00:00:28,960
and he says so what's the most stressful

6
00:00:31,990 --> 00:00:30,560
and most pleasing part of your daily

7
00:00:33,350 --> 00:00:32,000
routine

8
00:00:36,310 --> 00:00:33,360
well i think

9
00:00:39,270 --> 00:00:36,320
the most pleasing part surprisingly

10
00:00:41,190 --> 00:00:39,280
is actually exercise and

11
00:00:43,270 --> 00:00:41,200
you know i think a lot of us feel like

12
00:00:45,430 --> 00:00:43,280
we need to do exercise in our day to

13
00:00:47,750 --> 00:00:45,440

take care of ourselves and on

14

00:00:49,670 --> 00:00:47,760

on on earth daily it's you know

15

00:00:51,350 --> 00:00:49,680

difficult because we all have things

16

00:00:52,709 --> 00:00:51,360

going on in our lives and

17

00:00:54,069 --> 00:00:52,719

an important meeting comes up or

18

00:00:56,709 --> 00:00:54,079

something else has to get done and the

19

00:00:58,389 --> 00:00:56,719

first thing that that goes is your time

20

00:01:00,229 --> 00:00:58,399

for exercise which is which is

21

00:01:03,029 --> 00:01:00,239

challenging um

22

00:01:04,710 --> 00:01:03,039

at home up here it's so important for us

23

00:01:07,270 --> 00:01:04,720

to get exercise that it's just part of

24

00:01:09,190 --> 00:01:07,280

the schedule and we have two and a half

25

00:01:11,350 --> 00:01:09,200

hours set aside for exercise every day

26

00:01:13,030 --> 00:01:11,360

and it sounds like a lot but part of

27

00:01:14,310 --> 00:01:13,040

that is getting ready and getting

28

00:01:16,870 --> 00:01:14,320

cleaned up after

29

00:01:18,710 --> 00:01:16,880

and actually having that time set aside

30

00:01:21,350 --> 00:01:18,720

as a requirement every day is a real

31

00:01:22,870 --> 00:01:21,360

luxury so i really really like that a

32

00:01:24,789 --> 00:01:22,880

lot that's that's a great thing about

33

00:01:26,230 --> 00:01:24,799

every day

34

00:01:27,749 --> 00:01:26,240

what's the most stressful thing about

35

00:01:29,990 --> 00:01:27,759

the day um

36

00:01:31,510 --> 00:01:30,000

i think the i think it's just you know

37

00:01:32,550 --> 00:01:31,520

there's a there's a schedule here that

38

00:01:34,870 --> 00:01:32,560

we're trying to follow there's a lot of

39

00:01:37,030 --> 00:01:34,880

things that need to get done and a lot

40

00:01:39,030 --> 00:01:37,040

of work goes into making the plan

41

00:01:40,870 --> 00:01:39,040

and when that plan falls apart because

42

00:01:43,030 --> 00:01:40,880

of a little thing like we can't find a

43

00:01:44,710 --> 00:01:43,040

part you know or something's not where

44

00:01:46,950 --> 00:01:44,720

we expect it to be

45

00:01:47,990 --> 00:01:46,960

um can start to fall behind on the plan

46

00:01:49,990 --> 00:01:48,000

for the day

47

00:01:51,590 --> 00:01:50,000

and um it always feels better to be

48

00:01:53,350 --> 00:01:51,600

ahead than to be behind so i think

49

00:01:56,069 --> 00:01:53,360

that's probably the most stressful thing

50

00:01:58,630 --> 00:01:56,079

is is when we're running behind but

51

00:02:00,230 --> 00:01:58,640

other than that i think