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00:05



00:01 like people like really like the virtual thing because a lot of people are very self-conscious about working out in a gym too they feel like others are looking at them and what have you the reality of that is um in my experience at least that most people that think someone else is watching them are not watching you they're so conscious about themselves they're just worried that you're watching them welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering 00:43 authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry joined by the delightful Hannah Oxley let's begin hey it's Hannah and welcome to today's episode I'm excited to introduce Our Guest today because he played a big part in my healing Journey Chris Paul is a fitness professional local to me in the Greater Boston area Chris has had a passion for Fitness his whole life but his passion for helping people get in 01:22 shape is so much deeper than physical appearance he wants you to know that anything is possible join Josh and as we listen to fit Pro Chris's heartfelt story on today's episode of deeper awareness so um to begin I will welcome Chris to our podcast fit Pro Chris who I have them saved in my phone that way also um so I met Chris how long ago is that now like seven years ago at least six or seven years ago um I was going to a gym and I someone said that I could get more help and so I signed up to get um training done and we 02:14 went from I was with you there at that gym for I don't know few months and then you had moved and I had followed you to the other gym um but you were so helpful with so much part so much of my healing also with getting my muscle back and everything so it was been it was such a pleasure to work with you it's been a pleasure on both things Chris came down to my little other side of my basement over there yeah and we did some work outside he's very flexible but so welcome to our podcast we're so happy to have you on much and 02:53 I'm honored to even have been asked I really appreciate you guys having me on what up um so is there anything that or any story that you want to share with us so that we can understand you as a person deeper okay um so I'm 45 now but when I was very young I was Uber skinny like could hula hoop with a Cheerio skinny um and I had really bad self-esteem about it because I used to get teased all the time because I was always very tall I'm still I'm 6'5 now um but I was super skinny and I grew up 03:42 in the early to mid 80s when I was a kid when every guy wanted to be Arnold Schwarzenegger or a pro wrestler or a superhero like built like the Incredible Hulk it was that ER and it was very difficult for me because my friends were all muscular and strong and I felt like the weakling like

I don't know if you've ever read any comic books but there used to be a um ad in the back of them for the Charles Atlas um bodybuilding program and the ad was a skinny guy on the beach and a big muscle guy walked by and kicks sand in 04:32 his face and gets the girl and walks off um and that's how I felt so when I got to college I was like I'm sick of being like this like I don't like myself like let me see if I can change this so I went to the gym and I had an uh amazing person that showed me the ropes on how to do cuz I honestly had no idea what I was doing when I started um his name was Scott and uh he trained me for a while and I started seeing results and as I started getting bigger and stronger my confidence level I changed like I started to believe in 05:20 myself and I was like I love the way this makes me feel I want to be able to do this for others so then I became certified um with the National Academy of sports medicine and then started working with a variety of people at first it was guys trying to add muscle mass because I could relate to them but then it became women trying to get in shape and then I started working with kids and senior citizens um and I just took to it because I love the way it made me feel and I know how most people feel about themselves and I don't want anybody to 06:09 feel like I did so I guess I tried to help as many people as possible and that was 22 years ago and I've been doing it ever since and I just I like I don't like people thinking that they can't change something they don't like in their lives I don't like hearing that people are very self-deea of like saying I can't do this I can't do that before they even try so I try to change their mentality because I used to be very negative too but I found a way to change it and you have your hashtag there which 06:59 kind of so I created a hashtag when I created my business during the pandemic it's hasht you are possible it's the letter U then the letter R and then possible because I want people to believe in their own possibilities I I hear I also teach physical education and I hear um very young kids like even in my PE classes saying I can't do this I can't do that and I'm talking as young as kindergarten and I'm like how is it possible that you think that already when you're so young and how did you learn that already when 07:46 you're that young like you should believe absolutely anything is possible like anything like where are you learning that self-defea of behavior before you even start like if you're an adult and you've had a rough life I can understand that but the concept of a a small child thinking like that is disturbing to me like they should be thinking like pardon the cliché but the world is their oyster you know what I mean and it bothers me so I try and change their mentality and if they show good sportsmanship or 08:24 something like that I made bracelets up with my hashtag on it and I give them one and they're like how do I earn one of those I'm like you have to treat people right you have to work hard and you have to try that's all you got to do and then you can have one so that's one of my stories I love that because it is it is sad that even parents with the best intentions if they have any insecurities that just immediately Falls onto the child they don't even know that that's happening so 100% it happens all the 08:59 time because I meet with the parents too and I listen to them for a few minutes and I'm like okay now I understand why your child thinks the way they do so it's so important that you are in their lives even if it's just you know I don't know how often you get if you teach like because you're at St Kath

erine's right that yes was that y I teach four days a week I teach four days a week there and that's K through a yes and so do you get see the same kids all the way through 8th grade or are 09:32 there a couple teachers uh nope it's just me yeah I'm I'm the only PE teacher for that grade group there's another one for prek and preschool but I teach k through eight and this is my fourth year there nice and so you get to see those kids are you building do you find that you're building relationships with certain kids yes and I'm trying because I only see them like once a week each class and unfortunately as you guys know the a lot of the world that is around them is very negative so I try to be the positive 10:12 influence however sometimes I feel like pardon the expression I'm fighting windmills because if if you divide the time up I see them for 10% of their week right the other 90% they're getting negative stuff from um different social media apps and other things so you know what I mean like they're getting bombarded with the negative stuff so I tried my hardest has that changed I feel like we went to gym every day um I didn't the Catholic schools I think are different I went to the a school very similar and we only had it 10:53 once a week it's real what about you Josh do you remember I feel like I had Jim if not not every day like every other day like not once a week that's pretty amazing yeah but I there's recess every day you hated it I hated J because I was one of those kids that did not think I was capable of anything I would hide in the back it's pretty crazy how things change because when I was in high school you could not have paid me enough money to go to a gym and now I I can't go a day or two without going it's 11:36 just once you start seeing the PO the the results that you can see like it was just like a switch and it was like okay I like this let me keep doing this and I'm just I mean I don't want to sound egotistical because that's not true but like I'm a natural empath so if I like if I can make myself feel better and I know others don't feel well or don't like something about their lives I like to help them feel better about it it's just it's just the way I am sorry if that sounded egotistical 12:17 it's not no oh my gosh no absolutely it kind of sounds like I'm saying oh I'm so great blah blah blah like that's I'm so not that person at all I'm actually polar opposite of that well you need to give yourself a Pat in the back because you are making such a difference I'm trying but you guys are making a lot of difference too like there's I notice a lot when I work with my clients that people don't breathe they hold their breath and then they're like I'm so tired I'm like well 12:52 you're not breathing what do you mean I'm not breathing I'd be dead if I wasn't breathing I'm like no no but you you're not like you're not you hold your breath like you can't do that if we don't get oxygen or we don't get oxygen correctly the body doesn't use it right you won't you're not going to feel all right you'd be surprised so many people like get stressed out and the first thing they do is hold their breath actually you probably wouldn't be 13:20 surprised because you've been teaching people how to breathe since you both got certified so we're a society of shallow breathers and even I had just gone through covid a couple weeks ago and still like have lingering symptoms and then when I'm in that like it was just in like a different realm of like trying to feel better and kind of down on myself that it's taking so long for my immune system to get back up and running I find myself back in that old realm of like oh my God I'm not breathing because

I'm thinking too much about you know whatever it is like it's so easy even as aware as Josh and I am like I constantly have to remind myself how important it is to take deep breaths yes absolutely and I try and teach my students too like if they get frustrated and things like that if they control their breathing they will naturally calm down but they're like I don't I don't get it I'm like okay well let me show you so the way I teach them obviously you guys are experts in this so you would know better than I but you breathe in through your nose and then when you breathe out through your mouth you breathe out twice as long so that it calms your nervous system down naturally and if you're one of those people that super like this like if you do it a couple of times you naturally will feel your shoulders just naturally drop and that's the whole embodiment of it it's you feel your shoulders drop it's like oh man my jaw was really tight too like why am I clenching my fists like if you start taking this you know inventory of 15:10 wow like I'm really so tight and all it takes is a couple breaths a lot of my clients are very inflexible a lot of it has to do with being in a seated position for a long amount of time like in their office or whatever but a lot of it also has to do with people not controlling their breathing like they get frustrated because their boss just yelled at them or whatever and they're like first thing they do is like hold your breath it's like um a self-preservation technique but it actually works the opposite way because you need oxygen to breathe but if you're holding your breath you're not preserving anything it's that fight or flight a safety thing right have you guys found that with your clients absolutely or anybody who maybe went through some trauma or something like that it's a way of trying to protect themselves kind of thing 100% we talk a lot about safety yeah how to like there's so like I would not be surprised at the percentage of people that don't feel safe like even that's why I think in this what I'm dealing with currently with just getting over COVID is that feeling of like the floor is going to come out beneath me because you both of you know my gut history and when I got like all my gut stuff started coming back so I have that like that feeling that the floor is just going to drop out from underneath me and I'm gonna have like I'm gonna go back to where I was two years ago and we won't let that happen thank you there's just that fear and so when I don't feel safe my body then that's when you forget to breathe you forget to nourish yourself and so it's common there's a lot of things like in this life that can cause people anxiety and it's not always like the typical thing that you would think of like oh I'm watching a horror movie and like a monster jumps out of the closet or whatever like oh like that's anxiety but it's like some people are just not comfortable in their own skin now whether that has to do with the fact the way they were brought up or or they've gone through trauma or whatever 17:27 like if you can't feel comfortable just like being alone in your own say your own environment like it's just a terrible place to be you know so you guys do amazing work to teach people how to deal with that and on ourselves too I'm Josh can attest to this there's there's so many levels of it like I feel safer than I did yesterday and then the next day you're like oh my God I never knew I could feel this safe in my body it's it's just this constant exploration of deeper awareness the um the way I stopped actually quite a while ago but I don't watch the news anymore like I wake up in the morning and

d I have like a routine I have like my Kindle or whatever and I have like five different books but little excerpts from because I read them like I just read them all the time and I start my day with by reading an excerpt in each book um just to start with the correct mindset if you I could can't possibly think like starting it would be good for you to start the day like say you get up at 5:00 a and you're like getting ready 18:47 for work whatever and you put the news on and the first thing you hear is like murder it's like murder rape murder Bomb shot murder like who they wonder why we're such an um people are so depressed if you start your day with that mentality it it's it's not um shouldn't be surprising that people are like in that mindset I try and start something positive every day now of course you you know you have those days where things are a little negative but like I couldn't I know people that like it's like their 19:26 routine they start off watching the news I'm like I don't want to start my day with that I think the news uh should start off with a good story and then maybe have the horrible stuff because we know that's going to be on there and then end with a good story because people tend to remember the first thing they see and the last thing they see I think that would be a great idea but the the ratings are all based off of the horror thing like people watch the news just to see what craziness went on that day you know what I 20:09 mean I don't know yeah know I think it becomes like a subconscious addiction to needing to know it's like I like to think about how because when I stopped watching the news people like well don't how are you going to stay informed like I don't worry if it's important enough you'll hear about it exactly but I think about a time before even before the news we had newspapers even before newspapers like there's still things happening outside of our knowledge like and people were living 20:40 just fine yes but now it's now to hold like even just just recently with all this stuff over in Israel like it it's so heavy for people to take all of that in like if you think back back to that time where we didn't know what was going on in the world news it's like do we even have the capacity to hold all of this sadness that gets thrown and and they bombard us with it too like everything everything on TV is breaking news breaking news breaking news it's like wait a minute if it's all breaking 21:24 news then or like then what's the point of even saying it you know what I mean like it's just there there's a the play off of people's anxiety to get you to watch you know what I mean 100% it's a terrible thing but they just want to make money so I don't even know a lot of things that go on and I'm just like what I'm like how no wonder these poor kids and adults and teenagers are so confused and depressed and stuff like look what they're getting hit with like literally like every 30 22:12 seconds you know like people I don't even know who it is but I feel like I if I call there's someone I know who I call them and they can just hear the news in the background I like so loud and it's like how turn that off and they're like well I'm not watching it it's just on it's like it's an age thing too where like if you're an like an older person and you like grew up watching the news every day as a kid and then you do it as an adult like it's learned behavior you know what 22:41 I mean but the flip side of that is there's also a lot of positive stuff on say social media too but it doesn't get the shine that it should you know what I mean there's a lot of stuff on tick talk for instance that's very positive but the stuff that gets follow

ed and the stuff that gets shared and all that is the insanity or the not so great stuff but look at you guys you have a podcast you're doing amazing stuff this should be at like the top of everybody's like listening thing you know and I'm not just saying 23:20 that because you asked me to be on here it's true like people need this kind of positivity in their life and not even just positivity just every just authenticity authenticity yeah because it doesn't it's not it's not always about it like everything's good everything's Roses and Rainbows and everything it's it's the more authentic you are I think the more people can relate to you like yes there's there are people that will follow stuff say on social media that's very very filtered 24:00 um but I think they can relate more to somebody authentic absolutely um so um I just have a question for you sure when so you started your business during the pandemic your own business so before that you were just working for different gyms or like how did look and yeah I was um I was a contractor different at different gyms and so what gave you that spark of I want to control my well start my own like I uh I try to think see the positive in things but when the pandemic hit and all the lockdown happened and all the gyms were 24:51 closed I said and everybody started doing things virtually I said well why don't I try that I was like I mean I had nothing but time on my hands so I was like okay so I started that I reached out to my current clients and they would said yes we coming with you and I was like okay I did some yes you you yep you absolutely did um and we will be working again in the future for sure um and it just took off from there like people like really like the virtual thing because a lot of people are very self-conscious about working out in a 25:39 gym too they feel like others are looking at them and what have you the reality of that is um in my experience at least that most people that think someone else is watching them are not watching you they're so self-conscious about themselves they're just worried that you're watching them and so to get back to what I was saying people liked working out in their own homes where they could do things in private and it just took off from there and it I'm it's the best thing I ever did because the whole time I was 26:27 working for other people I was doing all the work and I was doing had the expertise but I was getting paid peanuts this way it's all me and it's growing and I came up with um my the name of my business fit Pro Chris the fit it stands for Fitness professional because there's a lot of different people out there that work in the fitness industry that look the part but don't really know how to work with people and I've seen that um in my own experience from working in different gyms and I just wanted to separate 27:09 myself from that so that's why I call myself that um there's nothing wrong with calling yourself a personal trainer but unfortunately there are a lot of people out there with that that really should not be training people and that I'm sure you've seen it yourself Hannah in the gym like you worked with me but you've seen some of the other people that were working in there and it's like what I mean you try you don't want to judge but like there's a difference between not judging and seeing somebody 27:46 do something that's just plain dangerous with someone you know and I treat I have Rel I don't have customers I have relationships like I have a relationship with all of my clients like I know more about them than their own families probably do to be honest with you um we build a very close Rapport they feel

comfortable with me which goes back to what we were talking about earlier about feeling safe and then they get um more of what they want and what they need you know what I mean it's true Chris has this like that 28:29 feeling he gives that feeling of safety he talked to me through my breakup sure did so Chris I'm as I'm listening to your talk I'm kind of I've been thinking a lot about judgment and safety in my own life in just societally and when it comes to so your expertise is this the physical side the body this desire to improve how we look and feel so we feel different about ourselves and the the fact that people don't feel safe just talk like it I think it goes back to the to the vulnerability sure and I've been 29:17 thinking about vulnerability as we only feel vulnerable about something if we've been teased or mocked or judged about it or you know to some capacity and so that could be emotions like I've been if I'm feeling sad but I've been teased about crying then that would feel vulnerable to share sure and so this vulnerability is like a individual based and so what I'm trying to do is feel feel like a big job but kind of normalizing the things that we've felt and experienced as vulnerable is there a 30:07 way to shift that that we're all having this Human Experience and just normalizing humanness yes and maybe that's what authenticity is yep and um I agree with 100% I think people think they have to be perfect in every way in order to be accepted and that's um that's unfortunate they feel that way um because I've felt like that myself from time to time when I was much younger but I agree with you people need to be able to feel vulnerable and be able to share that because that's a a lot of pressure to have on yourself all 31:00 the time you know and Society does its damage too with I mean forever it was um they used to do it to women you know like you've got you look like this look like that and if you don't look like this then you should do this and they pray on people's insecurities and stuff and now they're even they're doing it to guys um just as much and uh Imaging there's nothing wrong with wanting to improve yourself but you've got to be accepting of yourself also first you know there's nothing wrong with wanting to improve 31:43 but like some people you know Point Blank really just hate themselves and that leads to other problems like you know drug addiction anything to numb yourself from feeling feeling like that because they're not able to share that kind of how they actually feel you know um and I hate the fact that people feel like that like I really do like it really bothers me so I do my best to try and always make people feel they can share anything with me they can be you know vulnerable they're not being judged I'm only there to help you know do you 32:25 feel like you had to like remove judgment from yourself first to get that way or do you feel like it took me a long time okay took me a long time to get rid of my own self-judgment I was way worse than My Own Worst Enemy like super negative about anything like if I made a mistake I like beat myself up about it like in mentally for quite a while it's um it has to do with my upbringing was a little on the Rough Side to say the least um but I learned that through different things I read and therapy and stuff that I don't need 33:21 to be anything but who I am like who I am is enough m you know I don't have to be perfect I don't have to be any of those things um I'm enough just being me and it took me a long time to come to that conclusion and I know there are other people out there that feel like that so I try and like be the

uplifting voice in their head you know what I mean I tried yeah and I'm pretty loud so people can hear me from quite a while away so I see this beautiful man with this beautiful heart that's gone through a 34:10 lot of things that caused hurt and and you're just like I don't want anybody else to experience that no I don't I really don't and that's I'm kind of like if I find out that someone feels like that like even if it's somebody I just met like I will try my damnest to help them with that like that it's not even a conscious thing it just who I am um because I know what it feels like and I know how miserable it is so I don't want anyone feeling like that that's your fuel that's what gets 34:53 you going keeps you going what's that that's your fuel that keeps you yes day after day yeah and um I'm very much into as Hannah knows I like the Marvel stuff um superheroes and it's not because of what they look like or anything it's because they help people it's always always what I've wanted to do I all it's just who I am naturally it's not phony it's not well I'm going to help you to see what you can get from me or what I can get from you it's I don't like that you need help and no one's 35:33 helping you yet so let me do it I don't sit around on the sidelines and wait um for someone else to do something if I think it needs to be done I just do it myself I guess I'm very self-driven like that and that's how I was able to launch my own business because Hannah you know and I'm not and Josh I'm sure you have your own business or of something going on too if you don't do the work no one's going to do it for you like you have to do it you know what I mean you know how much work goes into 36:13 like when you're building a business right like you know someone else isn't going to be like oh let me you know let me do that for you like that's it's all you but that's an accomplishment because you can set a goal and then you push yourself till you when once you accomplish that goal that means you feel like you can accomplish more goals you know what I mean like when you told me you were launching your own business I was like that's pretty amazing and I I try I was like it's a lot of work but you're 36:54 somebody who can do it and you did and you got a lot of clients now right you got a bunch of clients a few a good amount yeah and you know that because you're good at what you do and you actually care and people pick up on that authenticity they will tell other people and the whole thing will go will go word you know um word of mouth and your clientele and your the people you work with will grow exponential marketing is not necessary like traditional marketing if you do what you're passionate about and people can sense that they're going to 37:41 be your mouthpiece you don't have to do it for them but true that's the truest statement because I think we talked about this when you were growing your business that's what we want is Word of Mouth yep yep cuz I put a lot of of my own finances into different marketing things and I got no response but all of my clientele that I built it's all from word of mouth because people are more likely to believe someone that they're already comfortable with and if they tell you you know what I mean now if I know anybody that I 38:24 think could benefit from your services I will by all means send them to you I'll literally I'll pick them up and carry them over there if I have to um because you got you're doing amazing work like I wish and I'm hoping through this podcast you get the notoriety that you're both supposed to get because your value is far more than somebody with



two million followers on Instagram because they're half dressed with like in my case and what I do with a shaker cup in the background and all of a sudden now they're they're 39:18 they're a fitness influencer you know what I mean it's you what you do is so much more like actual brings actual value than that and we need to make this type of stuff go viral this is what people need to know about I'd love to hear about your the joy you experience with as your clients succeed um it's amazing it's incredible rewarding um I actually work with seniors too at an assisted living place um right down the street from where I teach school and I've got a couple of gentlemen out of wheelchairs using 40:15 Walkers wow and it it it does a it's an amazing thing to see it's an amazing thing to I helped with but it also makes me incredibly grateful for everything that I have like you know we get busy and you start to take things for granted like oh yeah like I can walk I can breathe whatever but if you don't really think about it you don't really appreciate it and I start when I started working with those people I really started to appreciate it because I see people every time I go there that can't 41:03 do those things that wish they could and it really just makes you grateful for what you have you know um as for some of my other clients um I had or right still do have a client who was a high school I met him when he was a junior in high school um he had lost his dad at a very young age and he was such an impressive young man um became an eagle scout got in to UMass Amhurst he's Premed right now um and he I kind of watched him develop and I taught him CU he would felt a lot like I did when I was his age and he started making 42:10 progress and you know believing in himself and all those things and he's accomplished absolutely amazing things and the Joy on his face that I see because he was able to do all those things like that's why I do what I do it's it's not about the money it's not because I could be doing something else that makes far more money um it's about letting people reach their full potential and truly believing themselves when they didn't before and the fact that I was somewhat of um somewhat of a factor in that it's 43:03 really rewarding it just it really is um I tell my clients all the time when they accomplish something they're like we we you know they're like I thank you so much for everything you did I go all I did was give you the blueprint you did all the work Hanna will tell you I've told her that um and it's true like I did designed to get you where you want to do but you did the work all I did was guide you and it's just it's an amazing thing it really is like I I feel like it's like my calling to work with 43:44 people like I couldn't I couldn't work and sit at a desk in Corporate America or whatever in an office like eight hours a day in a cubicle like I I wouldn't feel like that's not me I don't think I could even sit there for more than two hours without losing my mind um I believe my calling is to work with people and make them better versions of who they already are um spiritually emotionally physically the whole person and I try to be that influence obviously I can't do it with everybody but when I can it's very 44:27 it's very rewarding when you have that clear intention of what your purpose is that's that's the glue of of the whole thing yeah otherwise I just would be a very I probably would be a very unhappy person um because I would feel like I'm just going through going through the motions you know kind of like a robot that's not who I am I like like to use my gifts like I can be creative I'm good with people t

hat kind of thing like I could never do that just like in an office job I couldn't I know I couldn't I know and 45:12 I know I couldn't sit there I lose my mind I'm sure there's a lot there's anything wrong with that I'm just saying it's not for me disclaimer I'm not saying there's anything wrong with it as long as people as long as people get up and stretch often enough there's nothing wrong with that I was going to say the same thing start off by saying I'm sure there are plenty of people that enjoy that but I think there's a lot of people miserable or that are behind cubicles that if they were able to wake 45:45 up to their purpose just like yeah three of us sometimes they know what it is but they're afraid to go do it but they're afraid to go do it I think even more people don't know what it is because there's so many yeah there's there's that too PE people tend to if if you don't like live with passion and and Vibrance [Music] um you don't you don't know what your thing is you know what I mean you're just like going through the drag all the time and it's like it's on autopilot but you're 46:29 not truly aware or don't have a deeper awareness name of the podcast um of what you should be doing and I I see a lot of people like that I was like that until I got sick and that's where I believe things happen for a reason too I know that's very cliché to say but it does like I think um when something happens to you you can either learn from it or move on from it or just be stuck there and for a long time I was just stuck there but then I changed my mentality it took me a while too I'm not I'm not going to lie to you 47:21 like to become a more positive person instead of a negative one it took a long long time because I had to learn that what I had learned is not the only thing there's other ways of looking at stuff and I figured that out I read lots and lots of books and some of them like I said earlier I read every day like it's only like a passage but I start off that way because if you don't have a purpose and start off from something positive first thing when you wake up in the morning then the negative is going 48:07 to slip in there and before you know it you're thinking negative all the time and then you start to feel negative and then you start living your life like that and it it's not fun I was like that for many many years and I'd much rather be I am now than I was then you know was there a moment that shook you out of it or did it just kind of slowly happen I might get a little emotional here but yeah so when my dad was sick he's passed away um a long about 15 16 years ago I watched him fight every single day even though he 49:00 was um he wasn't getting any better but he refused to give up like refused until his very last breath which unfortunately for me he took right in front of me that shook me big time um I'll never forget that but what I learned from that experience is that to never give up because no matter what he was going through he wouldn't give up and uh that's what keeps me going when things get super tough I try and stay positive and they have in the past um and I Won't Give Up matter of fact I don't know if you can even see it 49:57 but I have a tattooed down my wrist never I got this now I got this um after he passed and there was like 15 16 years ago uh his birthday is actually coming up on Wednesday but um you can see how long I've had it because it's all faded and all run together but I will never have have it redone because I remember when I got it and that's what I want to remember [Music] um plus you know you wake up sometimes like if you super you know you're in a point of depression and stuff w

here like a light goes off in your head and you're 50:51 just like all right enough's enough like what can I do to change this I um I'm very much like I said an empath empath but I'm also super stubborn and if I don't like something that's going on in my life I'm just like all right this is enough I'm done like we something can be done here to make this better and they just worked at it and I'll never let myself go back to that again um the other positive I guess positive thing that I went through would be the night I met my wife um because I had had a real rough 51:40 time with dating and stuff like that like I just kept attracting people that were super negative and stuff all the time and it just it didn't work out to say the least um and I went out with my my buddy needed a uh a designated driver I don't drink alcohol either I gave that up 20 years ago um so I drive down my uh to Patriot's Place which by the way I live right around the corner from now um and because he said oh there's some girl whose birthday is down there tonight she was a friend of a friend little did I know that that would 52:25 be my future wife um I met her on her birthday and uh I would have never have met her if I hadn't driven my friend down there and she's been a positive influence in my life ever since so and I'm not just saying this because she's in the other room probably listening it's true um she's the best I uh she made me believe in myself she's the one that kind of pushed me and said well you know what with the p when the pandemic it maybe you should start your own business she's like maybe it's time 53:16 now you always work your rear end off for everybody else and you're not getting paid the right way maybe this is it and it's been going great ever since you get that little whisper and then that push from your support system so the ingredients support is very important and uh some people that I've interacted with and met especially with what I do it seems to me like they didn't have any support so I tried to be that like even if it's just a very small amount that's better than none you 53:57 know I see this theme in your life with these kids they're showing up and you're like gosh how did how do you already not believe in yourself and for your wife to do that for you and this belief um cuz I didn't believe in myself either and even up until recently but I had a friend that could see something in me that I couldn't see yet and she said multiple times she said borrow my belief in you ah it's amazing and and I a great that's that's an amazing phrase yeah I might put that on 54:51 a t-shirt do it because t-shirt that's what you're doing for people you're you're you can see their potential whether it's emotionally spiritually physically whatever you can see it when they can't when they're in that wheelchair and to see them walking you believe they can do it and your your energy is just exuding that out and I'm sure you speak that way too to them so I can just see this theme in your essence in Who You Are a re is this believing in people and knowing there was a time when 55:30 you probably didn't believe in yourself and to have that support of your wife as well that goes such a long way I realize I just have this need in me for someone to just say you can do it I believe in you and then I'll keep going I'll keep going it's that nudge yep yep sometimes that's all you need is that little Jiminy Cricket on your shoulder telling you what to do um and is she is that same person still with you all the time so she her name is Malin she's a breath work facilitator as well she was 56:16 on our okay she's been on our podcast and she could see something i

n me and I was like either she's crazy or I am I'm going to borrow her belief because hers is a better belief and why not I know where my belief has got me so why not try hers on precise who is I know you work with all sorts of people do you have an ideal client I appreciate all of my clients no matter what their goals are um but I still have that close connection to a young guy um that just needs some guidance in whatever way and to make him 57:02 believe in himself that kind of thing the way somebody else did it for me I want to do it for them and there's a few out there um I actually I've worked with three or four of them and now they're off on their own like doing their own thing but they still keep in contact with me um but that that's my idea of client well if anybody's but I but I honestly it every one of them I gain I learn something from I try to learn something from everything I do you know I'm try that's I try and be aware of 57:43 exactly what's going on so that I can absorb it and take it in and do something good with it but I I'll work with anybody well anybody seniors athletes I'd work with a pro athlete if necessary if they had the right mentality I don't go working with guys who's who think they're better than everybody else just because they're a professional athlete not doing it we're all the same we're all on the same page even playing field yep absolutely I don't deal with egos send those people to us we'll let we'll 58:27 soften their ego and then send them your good because there's some that really need it anybody wants to work with you how what's the best way to get oh okay so they can check out my website it's uh fitpro chris.com or they can send me a message on Instagram which is also fitpro Chris or they can just email me uh fitpro Chris 23@gmail. 59:00 com so and I will come to people's homes or we can work outside or we'll figure out something and there still do you still do the virtual stuff yep sure do usually Google meet works the best for that but I can do anything for sure just be genuine don't be a copy of anybody that's my my my closing statement just be genuine don't be a Xerox copy be your own design love that yeah I love that because it's the theme of everything we talked about authenticity and being genuine it takes a lot of courage and 59:43 confidence to be authentic a lot of people hide their insecurities through um acting a certain way instead of just being who they are usually like to finish with the if you have a message to the world but you you did the I do yeah share it it's don't let anyone tell you what you're not capable of there's no limitations to your possibilities the way I I put it is this if you had a child and you were teaching them to walk um would you give them a limited amount of chances and then be say and if they don't do it and say well you didn't 01:00:40 learn to walk forget it no you'd give them unlimited chances and you'd keep letting them do it until they achieved it well people need to think the same way like if if you try something and it doesn't work okay then try again and try again how many times will you try before you give up and I always tell people there is no limit as long as there's oxygen in your lungs which you guys help with the limit does not you can do you can do anything as long it's never a failure if you learn something from it 01:01:22 it's only a failure if you quit so no quitting you can do anything I was 50 pounds when I graduated high school people told me I would be like that the rest of my life I'm 250 pounds of muscle now and I did it just through hard work and whatever matter of fact when I went to my five-year reunion people

e didn't recognize me it was only five years and I'm not saying it's all about muscle and stuff like that but I believe I could change something that I didn't like and I did it if I can do it anybody can do 01:02:09 it I've seen it happen hundreds and hundreds of times people like I can't do this I can't do that like well let's just try this and they do it and then they believe they can do anything and that's where my your possible hashtag comes from you are possible I love it do hard things yeah thanks for that that is motivating for me and I'm sure to all our [Music] listeners thank you for listening to the deeper awareness podcast where the Journey of self-discovery and inner growth continues to unfold we hope this 01:02:51 episode has ignited a spark within you and inspired you you to embrace a more conscious and authentic existence by looking within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us on Instagram follow @ deeper awareness podcast to receive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear 01:03:27 your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback mean the world to us as we strive to continue to create content that resonates and empowers our incredible Community together we can continue exploring the depths of Consciousness fostering genuine connections and supporting each other on our transformative Journeys this episode is brought to you by you belong breathwork your destination for transformative healing and 01:04:00 self-discovery at you belong breath work we believe in the power of breath to unlock the deepest parts of ourselves leading to profound insights and a greater sense of connection and belonging whether you're seeking emotional healing a deeper connection with yourself or a path to authenticity our breath work sessions Retreats and coaching programs are designed to guide you on this transformative Journey our experienced facilitators are here to hold space for you as you explore the depths of your Consciousness and 01:04:35 discover the infinite potential within visit you belong breathwork tocom to explore our offerings and download a free guided breath work session thank you for being a part of our deeper awareness Community stay connected stay curious and may you embrace your true Essence with love and compassion goodbye for now and see you in the next episode

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