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APR 5, 2022

EP172 "It's Better For Everyone If I Workout In Pants" >

What are you most comfortable working out in? Do you choose your workout clothes for your own comfort or because of the preferences of the people around you? Many people feel a type of imposter syndrome based on how they look or how they think other people perceive the way they look. You...

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MAR 29, 2022

EP171 This Will Change How You Treat Your Body >

You're feeling pain. That means that the place where you feel the pain is the problem, right? Actually, no! In today's episode, Rachael and Kelsea discuss muscle imbalances. You may be surprised to learn that your pain is likely to be coming from a different set of muscles than where you think it's coming...

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MAR 22, 2022

EP170 Secrets To Improve Your Running >

Do you get excited about the idea of running? Does it seem like an accessible activity that anyone can do, including you? Or do you dislike it and associate it with pain and injury? Different people have different impressions of running, but running can have more benefits than you think, especially if...

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MAR 15, 2022

EP169 Shit We're Talking About Today >

In today's wide-ranging conversation, Rachael and Kelsea discuss several different things. They discuss why you should immediately stop making judgments about a person's health based on their appearance, and they talk about why you shouldn't give up on a workout in the middle of it. Listen to...

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