

Steph G (host): Welcome to Harder to Kill Radio, a top rated health and fitness podcast. It's Steph Gaudreau, your host. This show is all about finding out what it takes to build unbreakable humans, and passing that knowledge on to you, so you can unleash your inner badass, and change the world. We have another amazing guest on the show this week, so let's do this.

Hey there, welcome to episode 72. Today, I'm really pleased to bring you a guest who is a personal trainer, lifestyle coach, and fitness blogger. She's a woman that is changing conversations all across the internet, and in her coaching practice, and her own strength practice. Her name is Chrissy King, and I'm really pleased to have her on the show this week. So, let's go ahead and jump in. Thank you so much for tuning in to this week's episode of Harder to Kill Radio. I'm really, really pleased and honored to have an amazing woman with me. And this is weird because she's listening, and I'm sort of saying this at the same time, but the only way I can sort of describe her is sort of just this force to be reckoned with in the fitness industry, and someone who is just opening so many amazing conversations with what she does, and is really making a huge difference out there in fitness land. So, I'm so pleased to welcome to the show, Chrissy King, of Chrissyling.com. Thank you so much for being on Harder to Kill Radio.

Chrissy K: Hi, thank you so much. I'm so excited and pumped to be here with you today.

Steph G (host): So we're in at this point probably the 70's in terms of episode numbers, and I mean, I've interviewed so many people, and yet even since taking a break a couple times on the show, I've had so many new folks come into my online and/or my real life. And you're one of these amazing people who I found through connections with other people. And yet now, when I see the things that you're doing in the world, and I see the things that you write, and the things that you say in your social media, and just some of the amazing topics that you're bringing up on a daily basis, and I can't imagine not knowing who you are now. And just the things that you talk about have influenced me, and inspired me, and oh my gosh, your dead lifting is amazing, and we'll talk about that later. But I just think you're doing so many great things for strength and opening so many great conversations.

So, thanks for, I guess putting your stuff out into the world, and that's how I've just sort of come across it. So, I always love to have new folks on the show who haven't been on before, and we're going to talk about a lot of different things today. But I'm really curious if you can sort of give us a ... Shawn Stevenson of the Model Health Show calls it the super hero origin story, which I really love. I was sort of interested, so you are a personal trainer, you're a lifestyle coach, and you're a fitness blogger. And we're obviously going to talk about all that today, but take us a little bit on your journey. How did you sort of get to doing what you're doing today?

Chrissy K:

Yeah, absolutely. Well first of all, I have to say thank you so much for all the kind words and the introduction. I'm not used to those kind of intros, so I appreciate that. Like who's she talking about? But thank you. A little bit about how I got to where I am today. It's interesting, I think growing up I was not into a lot of sports or athletics, even though I probably should have been. I mean, based on the fact that I'm almost six feet tall, and so I was really into writing as a kind, and reading, always thought I was going to be an author of some sort and write books. And so, just wasn't really into fitness, or sports anywhere past the age of 10 probably.

So the way I got to the gym is an ironic and bizarre story. In my early 20s, my sister and me, she's one of my best friends, neither one of us was active. We just weren't active, that was our thing, and to be honest we both probably needed to be doing some type of activity. You know, doing physical fitness and movement is important, and we just weren't active. So anyways, one day out of the blue, she's like "Oh yeah, I joined the gym today." And I'm like, "What? You joined the gym." And I'm like, "Why?" She's like, "Oh, I wanted to lose some weight, so I just decided to join the gym." And I'm like, "Well, you didn't even tell me. We do these things together."

So, I ended up joining mainly because she did, and then she got a personal trainer, so I got a personal trainer. And she's my younger sister, but I'm clearly following everything she does. And so, I started strength training, and that was brand new to me. I had never ... didn't really know what it was, and my thought process around strength training was so far off base because that's just where I was. And so, I distinctly remember my first personal trainer, she was a woman, and she was like, "Okay, we're going to lift some weights". And I'm like, "Oh, no no no. I came here to lose weight, so I don't need to lift weights". And she's like, "No, you do. Trust me".

And so I was like, "Okay, you know what? I'm going to give this a try. I don't know if I'm going to like it or not, but I'll try it." And it's so strange, even my family now to where I am today and where I started, they still joke about this, because I was the person that had no physical strength. I couldn't carry a case of water in the house. God forbid, I couldn't do a push up, and it was an ongoing joke that I was a weakling. That was just what people talked about. And so, I remember that first strength training session, because it was 30 minutes, and I thought I was going to die. I was like, I can't come back. I can't do this.

But anyways, so I kept going, and I started to actually like it and ended up through a series of events, at a strength and conditioning gym and still training with the same woman, but it was her boyfriend's gym. And I would watch all these women that were training with her boyfriend, and they were dead lifting and squatting, and I had never seen women do that before. And I was just like, wow. That's really cool. So anyways, I eventually started training with him, and I started power lifting just to try it out and instantly fell in love with it. And ever since then, I've just become

more and more immersed in training and competing, and eventually decided that I wanted to work in the capacity of training women. And so things just kind of went from there.

Steph G (host): I love that story, and I love how you sort of admit you were like, "No I'm okay. I don't need to lift these weights. That's not what I'm here to do". But I think it's so typical of what happens to a lot of women. You know, I started thinking about what you were talking about there, and you seemed really open minded in the whole process. Looking back, do you really think you were like, okay whatever happens, happens? Or were you more like a little bit tentative?

Chrissy K: No, I was definitely tentative, and I kept telling her, these were my words. I'm like, "But you don't understand, I just want to be skinny. I don't need any muscles". That was exactly where I was at. My only thought process at the time, was I just want to be skinny. That's going to make me happy, that's what I want to do. I had no interest in anything else, and she's a very petite woman herself, but she did strength training as well. And she's like, "Well, this is what I do too, so everything's going to be okay." And I was still tentative, but I think what helped me transition pretty quickly was that I liked the feeling of seeing myself improve. Because I had come from such a place where I really was just really like no physical strength, and to just see that I could start feeling better. And I couldn't do any push-ups, and then eventually I could do one push up, and to see my strength progress, is what I think was just like, wow. This is actually really cool, and it became less about just I have to get skinny.

And it took a while, that transition to a while, but eventually over time I fell in love with the process of strength training. And then I was like, wow muscles are actually cool. I like this. I think can get down with this, but it took a while. It was not an overnight process at all, and I struggled for a long time at the beginning, even when I was strength training because any prior attempts I had had at weight loss were all very cardio based. So, when I started strength training and getting good results, I would go behind my trainer's back, and I'd do all this cardio all the time, and I was just not recovering well.

So, I finally told her and she's like, you got to cut that back. And it was again, it's hard I think to get over that thought process of I just need to lose weight, so I'm going to do all this cardio. And it was excessive, nothing against cardio, but it was too much I was doing. So, I finally found that balance and now you have to egg me on to do cardio. You probably should do some cardio, you know that right?

Steph G (host): I'm just curious, did your sister stick with it too? I mean, you said she's the reason why you joined the gym really in the first place.

Chrissy K: No, interestingly she didn't. I mean, she did probably for like a year or two, and then life kind of happened. She had a lot of things going on, so it just faded into the background. So, no she didn't, not really.

Steph G (host): That's interesting. Do you feel you owe her a debt of gratitude sometimes?

Chrissy K: Oh my gosh, absolutely. I don't think I ever would have thought to do it on my own without her, and I definitely ... even if I had joined a gym, I wouldn't have gotten a trainer. I would have just again, stuck with the cardio machines and just went that route. I never would have had an interest in strength training. So, no I definitely owe her so much for that.

Steph G (host): I think you bring up a good point there, which is the trainer. Right? That may have made the difference for you, because I think so many women are like ... even if weight loss isn't their primary goal, and they're like okay I actually do want to lift some weights, the idea of going into a gym and seeing all the equipment, and not knowing what to do with it, and being afraid someone is going to be looking at you, and all this stuff's overwhelming. I mean, when you work now with people, and you're in the reverse role, right? You're now a personal trainer, and you coach people, what advice do you have for women who are sort of ... I guess if you can cast your mind back almost in your shoes about how to get started?

Chrissy K: I think can be very, very intimidating and again, I think the personal trainer made a huge difference for me because I literally would have no idea what do to when I went in there. And I would have been concerned about do I look dumb? Are people watching me? All these [inaudible 00:11:02] that people have, and also not having the confidence in knowing how to use the machines properly. And I wasn't really doing a lot of machine work to be honest, but just knowing what movements to even do, and what kind of order to put them in. So I think the fact that I had a trainer was super helpful because I just knew I had to come to the gym, and just listen to her, and she's going to tell me what to do. And it was helpful because it taught me proper form and then over time, working with her I started to understand all these kind of things on my own. So, I do think that's really important.

And so, my advice to people who are just getting into fitness is, I really think there is a huge benefit in working with a coach and I obviously am not saying that just because I'm a coach. I'm saying it because I think it can just really help you, and it doesn't have to be long term. But if you are brand new to the gym and stuff like that, it's so helpful to have someone to kind of guide you and encourage you. And again, modify movements for you because you go online and find a plan that you can follow, and that might be okay for some people, but if you're new you may need to modify some things and change some things up.

And so, that's definitely a word of advice. And the other thing I think about the gym too is that although, I was at the beginning very timid and worried that people were watching me, the reality is that people are really into themselves and their workout at the gym. So, they're really not watching you as much as you think they might be. They're really just focused on

getting their own workout in. So, I think that's another part to think about as well.

Steph G (host): For sure, that's really great advice. You know, so I'm interested in what kind of ... Obviously you had a physical transformation, got stronger, and stuff like that, but was there any sort of mental transformation that you find yourself going through? Maybe you didn't realize it when it was happening, but looking back in what way if at all did the pursuit of strength training and/or power lifting change more than just your body?

Chrissy K: Oh my gosh, it changed everything for me. I write about this a lot, and I talk about this a lot because power lifting and strength training completely transformed my life. I actually say that where I am now in life, I feel like it was directly a benefit of strength training and power lifting. And I say that because when I started getting strong in the gym, that for me was a feat that I never in my life thought that would be possible. I just didn't see myself as a person who could be strong, or a person that'd be in the gym lifting weights, or competing in any capacity in that sense. And so, when I realized I could do that I was like well, hmm. What else can I do in my life, or what else am I not doing in my life because I don't think I can that I actually probably can do?

So I really say that physical strength begat mental strength for me. And so, once that happened in the gym I was just like okay, if I have all of this energy and empowerment that I feel around the gym, I can transfer that same energy into other areas of my life. And so, career goals or just again, doing things that I never thought possible, or starting a blog where I had previously probably wouldn't do something like that. I was like, you know what? I guess it's probably not as scary as I thought. I think I probably can do that. And so, I really just took that same mindset into every area of my life; relationships, career, finances. So, it was hugely transformative for me. I probably could talk about that all day.

Steph G (host): I think it's an important thing to mention and I'm glad, and thank you for your honesty, and your answers there. I think we, not we, you and I, but we sort of as a society want to focus so much on the aesthetic change. And yet, there's a level there that's often times much deeper for people, and maybe it's not the initial reason why people joined the gym. You know, like you related your story, I wanted to lose weight. And I'm sure lots of other people have a similar story, but then you sort of come to realize that it's about so much more than that. So, I'm glad that you brought that up.

Chrissy K: Yeah, so much more and the other thing I have to say about strength training is, I really changed my relationship with my body as well. Because again, I was so focused on being smaller, and shrinking in size because I thought that's what I was supposed to do, or what I needed to do. And strength training really helped me come to a place of appreciation for my body outside of just what it looked like, because that had previously been what I was just focused on. So, really gained a new

appreciation for what my body was capable of, and really I found peace and confidence with just being comfortable in my skin regardless of the size. And so, yeah I did transform my body in a lot of ways, but I also got a new level of confidence. Not because I shrunk in size, but because I just became so appreciative of just who I was in general. And I'm definitely not a really petite person, I just consider myself an average size person, but I'm super comfortable in my skin all the time. And I really think that has a lot to do with strength training.

Steph G (host): That's awesome. You know, related to that, I think it was at the end of July you posted on your Instagram a photo of you basically at a photo shoot. And you talked about this idea of photo shoot ready, and I thought it was such ... I read that and I was like, yes this is so amazing. Can you sort of talk about maybe what you wrote there, and sort of how that philosophy plays out for you, and maybe why women struggle with that so much?

Chrissy K: Yeah, so what happened is I got an opportunity completely out of the blue to go to New York for this quick photo shoot. So it wasn't anything I was planning on doing, so I obviously hadn't prepped for it, which I've never prepped for a photo shoot anyway to be honest. I just don't do that. So, I wasn't prepped for it. So anyways, I was super excited about the opportunity that came up, so I was telling my friends about it. And I told my one guy friend at work, and he's very supportive, so right away he's like that's awesome. And he said, "But do you think you're ready?" What did he say? "Is your body ready for a photo shoot right now?" And I'm like, "What? What do you mean by that?" And he's like, "Well you know, are you ready to look good in front of a camera?" And I'm like, "I'm always ready to look good in front of the camera."

And so, we got into this little debate about it, and what it really comes down to is for whatever reason, some people have this idea that in order to be worthy of taking pictures, or being in photos shoots, you have to look a certain way. That usually involves dieting down, and being super lean, and presenting yourself in a certain way in front of the camera. And so, I wrote about my experience because I want people, women in particular, to really know that our bodies are always photo shoot ready. And there's no requirement for what we need to look like, or what size we need to be, to be worthy of taking pictures, or be worthy of being photographed, or to be worthy to be in magazines. And there's very much I think prevalent in the fitness industry particularly when it comes to magazines, like the types of women that you see in magazines and in covers. They all have a certain look, and so I'm guessing that's where he draw the assumption that my body didn't look like theirs so I probably wasn't ready for the camera. But I think that's all bullshit because there's no certain look to be fit.

The look to be fit, that doesn't even make sense. I just want women to embrace the skin that they're in and be confident in their body, whatever size that they're at. I mean, I only had a week before I had to go do the

event, but literally nothing changed about my life because this is my body, I'm comfortable in it, and I'm going to present it to the world exactly like it is. And I think that's important for lots of reason, because for one, I just think we have to normalize the fact that women's bodies don't need to look a certain way and fit doesn't look a certain way. So yeah, that was what that was about. So I wrote an article about it because I just wanted to share that with everybody, because I think there's so much pressure on women.

Particularly I think, if you tell people you're a trainer or you're in the fitness industry, they expect you to look a certain way. I've had women tell me I don't know if I look good enough to be a trainer. And I'm like, being a trainer has nothing to do with how you look. So, I just think that's very pervasive in the industry, and I want to change that, and I want to women to embrace their bodies for how they look and appreciate them how they look, and show up any time there's a camera around, I am ready.

Steph G (host):

I love that. I think so many women are the opposite. Oh my gosh, there's a camera. I can't hide any faster. You know, I don't want to be seen. I don't want to be photographed. To what extent do you think there's that double standard? I mean, you sort of alluded to it just there with, I'm a trainer but I don't look the part and/or especially I feel like for women there's this double standard of you've got to look good, but don't be too into yourself.

Chrissy K:

Got you. Yeah, I [inaudible 00:20:17] I do. So I think there's a sole idea that as a woman, we should look good, but be too confident in the way you look. And then you should be attractive, but don't be too sexy, and you should be toned, but not too muscular. And there's all these things, and I'm just like no, I'm not too anything. I get to show up however I want to show up and that is okay. And then, there's all these things that I think well intentioned people say some things like strong is the new skinny, or you know, all these different things. And strong is not the new anything. Strong is strong, and if a person is petite or skinny, they're petite or skinny. There's nothing wrong with either of those body types. And I think that we just have to ... it gets overwhelming because I think that women's bodies in general we just talk about how women look all the time.

Even in the face of, I talked about this one time about Serena who is arguably the best tennis player in the entire world, right? And people are constantly talking about her physical attribute, instead of her talent as a tennis player. Where you don't see that same thing for men. You don't see when Kobe Bryant's playing basketball ... well, he's retired I guess, but when he was playing basketball, people weren't talking about the size of his shoulders or something. And so, as women, they talk so much about how we look versus what we are capable of doing. And again, we're more than our bodies, and more than a pretty face. And we shouldn't have to constantly be judged on the way that we look. Or not even judging that again, when we're doing incredible things instead of talking about the incredible things, the conversation is somehow about

how we are showing up in the world and how we're choosing to look and present ourselves.

Steph G (host): Absolutely. You said that so well, much better than I could. You know, so along those lines for females who are professionals out there, do you have any advice of how you've sort of navigated that space of I'm going to show up the way I show up and that is what it is, and I'm unapologetic for it? Do you have any advice for other women who are sort of in that position of having their businesses online and they're very visible, for just sort of starting to cut through some of that noise and valuing themselves for what they bring to the table in terms of their skills, or their capacity? I mean, anything else other than how they look physically.

Chrissy K: Yeah. I mean, here's the thing, I think it take a lot of ongoing work because again, you get so bombarded with these messages of not being enough, or not looking how other people think you should look. And I think social media can intensify that because you're constantly pictures of people showing their absolute best. And so, one thing for me on social media is I'm pretty selective about who I follow and unfollow. And I say this to everybody, if someone that you're following and even if it's me, like anybody. If someone that you're following is making you second guess yourself, or feel any type of way, like maybe you're not good enough or anything like that, then just for the love of God, stop following the person on social media. And it doesn't matter who it is, because I think you have to protect your own self-image.

And so, if social media is a trigger for you with certain people, I say clean up the people that you're following. Because this is something that I did when I first got into fitness. I started going on Instagram and following everybody that I thought had amazing bodies. That was my entire newsfeed, and what I realized eventually is that I was just feeling bad about myself. Because I'd be like, oh my God, I've been working out. I don't look anything like her. I don't look anything like her, and it was just a non-stop thing. So eventually, I just stopped following those people because I didn't feel any better. I wasn't inspired or motivated by following them. I actually walked away feeling worse about the interaction.

So I think that's one thing, and the other thing I say too in that same spot is, I tend to follow a lot of people and engage with a lot of people who are on the same type of spectrum and wavelength that I am in terms of the things that we're talking about, and supporting women, and showing up strong and powerfully in their own bodies. So, I think I surround myself with a lot people that talk about a lot of those things, or embrace those same messages. And so, I find that to be helpful to reinforce for me that there's no certain way that you need to look.

And I also think too, you just have to be really firm about what you believe about yourself. Like I had this guy at work who again, people I don't think intentionally try to be a jerk, but people say whatever they want to say. And so he's like, "You work out a lot, right?" Because people know I do

other stuff, and this is my corporate job. So to clarify, this is during the day and so he mentioned something to me like, "You don't look like you work out as much as you do".

Steph G (host): Oh, ouch.

Chrissy K: I was like owww right, and that's your initial thought. And I was like okay, and I was nice to him but I was just like, "Yeah, I don't really know what that means. I don't know what a person who looks like they work out a lot looks." But anyways, it went to the conversation of having six pack abs and all this stuff, which again I don't know how he ... I mean I guess, I just don't look like I have six pack abs, which I don't. I don't have them, but he's never seen my stomach though because it's at work. But anyways, I was just very clear with him that yeah, I don't have six pack abs. And that's okay, because for me the reason I train when I do, and the reason that I like to take care of my body, for me my goal is not to have six pack abs. And again, there's no disrespect to anybody who wants that, because I think that's amazing goal if that's what you want to have, but that's not my reasoning for training.

My reasoning is to be strong, to be healthy, to be fit, and also to enjoy tacos on the weekends because that's what I like to do. So, I just really think that you have to know what you want, and what your purpose is, and realize that people will probably have things to say occasionally. That's just unfortunately part of life I think. I talk about it, my lifestyle for me and the way I choose to live is a little bit more important than the level of leanness I maintain for me personally. And I'm okay with that, like that's what I like. I can have my wine with my friends.

I like to hang out, but I also take really good care of my body and train hard so that I'm healthy and strong. And so, I think you would just have to realize that people are always going to have things to say. And I remember when I was much leaner than I am now, and I'd have people saying, "Oh my God, you're like really skinny". I mean, so it doesn't matter what you look like in the world. Someone's going to have something to say about it, so I just say be really confident about who you are. And as long as you're good with the reflection in the mirror, that's really the most important thing.

Steph G (host): Gosh, you hit the nail on the head there on so many levels. I really love what you said about ... it's almost like social media junk food, right? So everybody's like reduce the junk food in your diet and fill it with good nourishing stuff. And it's sort of the same thing on social media too. It's like get rid of the junk, and the stuff that's just not making you feel good, but you also have to add back some of the good stuff too. And I really loved what you said about there like, finding those people who reinforce that message, and you're on the same wavelength, and I think that's so powerful. It's-

Chrissy K: Yeah, I think it's ... Oh, I'm sorry. Go ahead.

Steph G (host): No, go ahead.

Chrissy K: I was going to say yeah, I think it's super helpful because again, fitness can come off depending on who your circle is and what you're doing, it can sometimes come off like it's all six pack abs, and perfect bodies, and I don't think that's what fitness is for most people anyways. I don't think the average person and my average client is not coming to me because they want to look like a bikini competitor. That's just not what they're looking for. They just want to be healthy, and strong, and fit for life, and that does not include a lot of those other things. And so, I think being practical about what fitness is for the average person, and really consuming yourself with people that have like we talked about, same goals as you, and are honest about what fitness really is for most people I think is super important.

Steph G (host): Yeah, totally. It's hard, I even look at my Instagram, like the explore page. And it's always interesting to me to see what Instagram thinks I'm really interested in because-

Chrissy K: Isn't that funny?

Steph G (host): ...have of it's food porn and the other half is people's sort of side by side six pack abs comparison. It's so easy to get sucked into it too. I sometimes find myself ... I'm like, I don't even like to go the explore page now because it's like I'm innately voyeuristic on that stuff. On some level I'm like, oh what are they doing? So that's one thing that I do. I'm like, no that's my boundaries. I stay off the explore page as much as possible.

Chrissy K: It's crazy. I mean, again when I do the same thing I'm like what do you guys think I like? What is this?

Steph G (host): Absolutely. So, I wanted to shift gears and yet talk about something that's sort of related and it is an article that you wrote very recently 14th of August. And we're going to talk about some real stuff here, and I think it's important to amplify the voices of people in your position, and also for me ... So, in case someone's listening and they can't tell, you are a black woman and I am a white woman and we have recently had a lot of stuff going on in the country. That although it's not very recent, but there's been a lot of talk going on back and forth about who should use their social platforms for what reasons, and so on, and so forth. And so I really thought it was important for me to use this show as a way to bring up this topic, because you so eloquently wrote about this. And so, I wanted to spend the remainder of the show talking about this.

And the article that you wrote is called, Dear Fitness Professionals, You Can Not Help People of Color with Fitness and Wellness While Remaining Silent on Racism. And I read this post, and I was so appreciative, so first of all, thank you. And also yeah, we need to have a conversation about this. And so, I would love to sort of have some of your thoughts on it. In particular, one of the sections that you wrote about here

really stuck out to me and I just wanted to read this sentence and then we'll go from there. You write, "If it is your mission, then you have to acknowledge that overall wellness also includes mental and emotional wellbeing among other things." So I know that it's a long article, there's a lot of stuff going on here, but I'm interested in why to you this is an important thing as a fitness professional particularly. And this article is more or less aimed at people like me trying to get us to see the other side of the story. So, I'm wondering if you can unpack a little bit of that for us.

Chrissy K:

Yeah, absolutely. So, I wrote the article after the things that happened in Charlottesville. I wrote it that Sunday actually. And to be honest, I think that's what put it over the edge for me. I've been thinking on these things for a while, because I think again, the incident in Charlottesville wasn't something that occurred in a vacuum. There's lots of things in the country that have been happening. And so, it wasn't in a vacuum, so there's been things in the past that have happened that as I black woman, I experience them at a very emotional level. When any number of things happen it can be ... as a person of color, you can definitely feel the stress and you experience emotional trauma from a lot of things that happen. So things that happened in the past that in general a lot of people had been silent on. But then when this happened I was like well, I'm just going to say what's on my mind because I think I'm at a place where I feel like if actually Nazis came to show up in Charlottesville and that's not important enough a topic for people to speak, I don't know what people really feel like they need to speak on.

So that's what prompted me to be like, okay I'm just going to go ahead and write this. Like this is it for me, I got to get this off my chest. But why I think it's so important is because again, as a health and fitness professional myself, yes I help my clients with losing weight, or getting stronger, whatever their goals are. But from my interactions with my clients on weekly basis, I consider that a small part of my job, because if you've ever coached clients one on one, particularly distance clients like when I speak with them on the phone every week we talk about everything that's going on in life. And a lot of times that more than what we talk about how were your workouts and your nutrition, because all those other things contribute to how your workouts and your nutrition were. And so, for me just straight exercise, and food, and [inaudible 00:34:24] is a very important part, but it's just only one part of how a person is doing overall. And so again, if you've ever had a client who's going through any kind of trauma or anything like that, and having a very emotionally trying week, that usually has an impact on how they're eating. You know, either they're not eating, or they're stress eating and they're eating everything in sight. And so, all those things really come into play together.

So I just think to ignore it, and to not talk about it, is a disservice to people who are of color, and are heavily affected by these issues. And from my perspective, if I'm working with a coach, or a trainer and [inaudible 00:35:03] online or period that has a presence online, and they just ignore

the issues ... obviously they know what's happening, but if they just ignore the issues and remain silent on it ... I don't have a coach who does this, but I would feel that's very problematic because if you're concerned about total health, and my wellness, and all those things, white supremacy, racism, those are a direct threat to my ability to feel safe in my own skin. So, how can you really help me with my wellness I'm unwilling to even discuss those matters?

Steph G (host):

Yeah, absolutely. Thank you for your candor, and thank you for talking about this from your perspective and why it's so important. And just for me personally, this has been a process of sort of recognizing this stuff in my own life, and starting to wade through it all, and recognizing what privilege looks like. And how even having a platform and for me as a white woman and not using that platform, saying oh it's okay. That's just a political issue and I don't want to talk about that. The fact that I can even say that, or I even have that ability to sort of insulate myself if you will ... Is that a good term? Insulate myself from what's going on, it speaks to the fact that is a layer of privilege that I have. So, I don't know. I don't have all the answers and I just sometimes I'm like I don't know, but all I knew is that I wanted to start talking about some of this stuff. And it's interesting to see the reaction. I mean, what was the reaction that you got from this blog post?

Chrissy K:

Yeah, so interesting. So, [inaudible 00:37:01] I just want to circle back to what you just said. And what you said is just so spot on. That the fact of the matter that you could choose not to talk about it, is a position of privilege. And again, people get really tripped up on the word privilege. I think that's a hard word for people to even talk about, and privilege shows up in all different kinds of ways. So, I think most people experience privilege in their lives in some way. There's pretty privilege, there's all kinds of things. People get defensive about the word, but I think most of us experience it in one shape, or form, or another, but what you just said is true. You know, that you can even speak ... and I talked about that a little bit in the article, is that if you have the opportunity to even say, I'm just not going to talk about that stuff, it's already from a place of privilege, because I can't actually go into the world and pretend like these things don't exist. I'd get outed really fast when I step out the door, but my reaction to what I got.

So, it was a lot of positives. That was great. Lots of positive feedback. I think what was most valuable for me is people sending me private messages to say like, I'm really so grateful that you said something because I've been feeling like this for a long time, and I didn't know how to verbalize it. Or either they just weren't in a position to verbalize it because they don't necessarily have a blog or anything like that, but just how they personally have been feeling. So I found that to be the most gratifying, but on the flip side, I did get some negative feedback, which again, I 100 percent expected. When I posted the blog I kind of posted and ran [inaudible 00:38:40]. So, I posted it and I got off social media, because I'm just like I'm going to go away. Because every time I post

something that I know could be triggering for people, or unpopular I just have to post and then run for a couple of hours.

So, I did get some negative feedback for sure. I saw a lot of random people on the internet that I don't even know, because it was getting shared a lot. So, I saw a lot of negative comments. Some person called me a bully, which I found kind of funny. I was like, well I don't think I was bullying anybody. So yeah, there was definitely some negative and then I got a couple of messages from people that I knew personally that were less than thrilled with it. And I think those probably stung a little bit more just because it was someone I actually knew.

And again, I hope that the tone of the blog wasn't that I dislike people who don't do that, because I don't. That's not it at all, and also I think that everybody has a right to their own opinion of course. So while we don't have to agree on how that should be handled, we can still get along if we don't agree on that. So I mean, that's where I try to take it with people that I knew personally that sent me messages about it. But again, I was prepared because I knew there would be some negative feedback as well, but I thought it was important enough that I just needed to say it, so I did.

Steph G (host):

Yeah. You know, it seems like there's a couple layers to not only what you wrote about, but what a lot of other people are writing about as well. Is this idea of ... First of all, when I saw what happened, I was like this is just so wrong. You know, in your gut. You know in your gut when something's right and wrong. Little kids know this, they know right and wrong. These huge really blatant things that are happening with white supremacy and blatant acts of racism, to come out and say ... I think first of all, for people who are in my position coming out and saying, this is wrong. One of the amazing people on my Instagram and I can't remember her handle, but she was like, "When you don't know what to say, you can just say I don't know what to say, but I do know this is wrong." Or something to that effect.

So, many of our online communities are so diverse. So for me to just step back and not say, "Hey this is really wrong" that leaves where I stand on that really ambiguous. The part that people seem to be having a harder time with is this idea of privilege. And well again, if I can step back and not say anything, that's because I have a privileged position in that case. And so, I don't know. Have you found that is going on? It's been exhausting for me. I can't even imagine what it's been like for you, and for other people of color who are just we have tried to explain this any way we can and you guys just aren't getting it.

Chrissy K:

Yeah, I think it is. I think that people don't have such a hard time with saying that what happened is wrong. I think most people can admit that that's wrong. But yeah, it's the other stuff that comes up that I think is so difficult. And here's the thing, I think that all of these conversations that are resulting as a result of what happened in Charlottesville, I think they're

an opportunity for a lot of really good things to happen from them. But they are deep and uncomfortable conversations to be had, and is looking at your own life, and again noticing how you are privileged. And again, that word is just a real trigger word for people [inaudible 00:42:45]. It's a really triggering word for people, and I think that when people hear that they automatically jump to the conclusion that people are saying that they didn't work for anything that they have. And that's not at all what it's about, right? Like period.

And also, the other part of this is when the conversation about white supremacy is really difficult for people because, again if you're a person and you're like I'm not racist and I'm not a white supremacist so I don't have anything to do with this. And [inaudible 00:43:12] were like well, the thing is though even if you're personally not racist and you're not a white supremacist, you do benefit from white person supremacy. And that's a really hard conversation to have with people and it's a hard concept for people to get. So, I think these are all very deep and can be messy conversations, but they're also an opportunity to really learn and grow from them if you're willing to do that work. And again, you have to be willing to do that work, because it's also just easy to be like I don't want to deal with the uncomfortable, and I don't have to, so I'm not going to.

So, I think there's so many layers to all of these things and there's been a lot of Jen Sinkler and Aaron Brown have been doing a fantastic job of trying to help people understand some of these things that are really nuanced and can be really difficult. And helping people to see the other side of it, but again it takes a willingness to really be genuinely interested in learning from someone else how they feel about these things, and how things actually show up in the world. I was listening to a podcast today, and it was interesting because they were talking about when this all happened and the hashtag ... or even not a hashtag, but people just saying this is not America. And the fact that it's such a flawed statement because again, what happened in Charlottesville was not a vacuum.

So there's so many things that are happening all the time that if you're not affected by them, it's really easy to not even notice or pay attention. And to then be in a position to be like this doesn't happen in America, but it does happen though and it just takes opening your eyes, and looking at things that may not affect you every day to see that there's a lot of systematic oppression and racism that occur every day in the country. And although this is an extreme group, it happens at smaller levels pretty much every day.

Steph G (host):

Absolutely. Well, thank you again for writing what you did, for sharing your thoughts on it. I'll link to your post and see you've mentioned a couple other resources there. There's also a really great article that I wrote by a woman called Layla. Her blog is Wild Mystic Woman for anyone who's sort of in the ... I don't know what I want to call it; yoga, sort of healing arts almost camp. She explains sort of why love and light ... you know, it's a similar blog to what you wrote, but sort of love and light,

and white people if you're in this industry why love and light isn't going to cut it.

Chrissy K: Yeah, [inaudible 00:45:56] blog. I read it, it's a great article.

Steph G (host): Yeah, so I think it's important to continue sharing things like what you wrote and then, also from the other side is like white people, we've got to deal with this. This is our thing to deal with, this is our problem to start solving, and we better start doing something now. So we'll link to some of those resources. And you've written about this as well from the fitness industry perspective and gosh this has made me think. And this is related, but a different blog post that you wrote was about the sort of images around the fitness industry and who we see in things like stock photography and things like that. And I mean, this goes through so many layers in fitness, right? It's not just about if someone's going to come out and say something that's blatantly racist. Again, it's what are we sort of seeing and how are we addressing it? How are we being more inclusive? It's so complex, and yet there are things that I think people can do starting right now to start looking at that.

Chrissy K: Yeah, and I think so many of these things kind of are connected in different ways. And talking about the piece on the lack of diversity in terms of the images you see in fitness, that in so many ways ties into why some fitness professionals wouldn't think it's important to talk about issues of race. So, I think there's so many different layers to all of this stuff. In some ways they're all connected. So yeah, it's something like again, we can talk about that for all day, because there's so much to it. But I think there are some real ways that change can occur, and I think there are some really great organizations that are doing really great things. I mean, I'm on your email list and so, I saw the email that you sent out, and I was like yes, that's awesome. And I know that's not easy to for anybody to send out an email like that their list, right?

Steph G (host): Yeah.

Chrissy K: Because you're going to get people, I'm sure you did get people who write back not so nice things, or who unsubscribed. You know, and I sent out an email similar to that to my list as well, and there's people who unsubscribed. So again, I don't take that lightly when people do that, because it's a big deal for people to do that, but it's also a very important thing to do. I mean, I was definitely encouraged this week as well, because there was lots of people in the industry who are doing amazing things, and using their voice, and their platforms to try to change the way that things are. So I mean, it was a challenging blog post for me, but I was super encouraged by some of the people that were just doing the right thing anyway.

Steph G (host): Absolutely, and I like I said, we'll link to that. It's so good, and I think you sort of mentioned this is a way. People I think feel like, oh my platform is so small, or I don't have x number of followers, even though a particular

issue may be very important to them they're like I'm too small. I'm small time, I'm not super-duper ... People are always like, you're famous. I'm like, I'm really not, like really not famous. No one's going to recognize me if I go to a different city when I walk through the grocery store. It's just not what's going to happen, but I think you sort of made this point that if this is in your heart and this is important to you, say something. Because don't assume that you're too small to make a difference.

Chrissy K: No, not at all. And speaking of that, I don't have a large platform, a large social media following or anything like that. I really don't and I honestly just started blogging like a year ago, and I don't have a huge amount of followers or anything like that. So I think that it doesn't really matter what size your platform is, your voice totally does matter. It matters a lot, and even if you think, oh I only have a few hundred followers, but five, or 10, or 20, however many maybe 100 of those people see that message and it makes a difference and they share that with their people, or their followers, or their friends that's how change happens.

So there is no such thing as a small platform. I feel like any platform and let's just per say you don't have social media, it doesn't matter. You can still make a change in your everyday life because again, when you are sitting around with family members, or friends, or co-workers who make racist jokes, or say things that are not even just racist, like homophobic, misogynistic, like all kinds of things you have the opportunity to speak to those people in your ever day life. So, I just think there's no such thing as platform that's too small. We all have an opportunity to create change.

Steph G (host): Yeah, thank you so much for having this conversation with me. I'm just trying to do what I can and do better, and learn, and read, and amplify people's voices who I know are saying things very eloquently when I'm tripping over myself. So, whatever I can do to continue sharing voices like yours and points of view, I think I'm just going to do my damn best to do it. And somehow, in some way we'll reach more people and continue the conversation.

Chrissy K: Yeah, absolutely and can I just say one thing on that too? Is I definitely don't always have the right words to say, and so I do a lot of the same. I do a lot of following people who can say things much better than I can, and share their work as well. And so, I think one thing that people worry about a lot is, I don't know what to say, and I totally understand that. And so, I think sharing other people's work is a great way to still share the message without having to be concerned about not knowing the right thing to say. That's an easy and simple way to still do that.

Steph G (host): That's a great call to action and I really appreciate you bringing that up because I feel like it's an area where people really struggle. Like I don't want to be offensive. I don't want to say something wrong and yet, saying nothing is a lot worse in most cases. Well, I don't know how to transition to this rapid fire question section-

Chrissy K: I'm ready.

Steph G (host): Other than to say we're going to do it. So, some fun questions here to sort of end the show and we'll just start with an easy one.

Chrissy K: Okay.

Steph G (host): Because I know this is your jam. Sumo or conventional dead lift?

Chrissy K: I like both, but sumo.

Steph G (host): And I'm going to sort of brag on you for a second here, because when you said earlier, "I'm into power lifting. It looked interesting. It looked cool". But you are so strong.

Chrissy K: Well, thank you.

Steph G (host): I mean, we're talking about dead lifting three, 400 pounds on the regular and making it look so easy. I've always just in awe of your strength.

Chrissy K: Thank you, I appreciate that.

Steph G (host): Coffee or tea?

Chrissy K: Coffee, always.

Steph G (host): Coffee, always. You and me, we get each other. A song that always gets you fired up to lift.

Chrissy K: That's a tough one. Oh gosh, so I'm going to say something Drake for sure. And that might be like that's not fired up, but it fires me up. So I don't necessarily have a particular song, but yeah, definitely something Drake.

Steph G (host): Nice. I find people's idea of what motivates them for different lifts is totally different. Right? There's people in our gym that love to listen to country, and I'm like that doesn't get me fired up, but it gets them fired up. So, hey whatever works.

Chrissy K: Yeah, whatever works. Right?

Steph G (host): Let's see, your ideal perfect meal. What would you eat?

Chrissy K: Perfect, well my favorite food is pizza, but I can't eat that every day. So, if it's just on an everyday basis, my ideal perfect meal I super simple because I don't cook. So, that's the thing, I look at your pictures and I'm like oh my gosh, she's amazing. Can I have Steph's food? Can she send that to me? But, no if it's just every day, I'm really simple. So just some

chicken, some sautéed vegetables, and that's pretty standard for me. But if we're talking about whatever I want, it's definitely pizza.

Steph G (host): The splurge would be pizza.

Chrissy K: Yeah, for sure.

Steph G (host): You know, I think if we could make this happen, we would change the world and that would be to take a photo of a meal and have a [inaudible 00:54:40] sort of 3-D printer somewhere that could then print out the meal and it would actually be real food. So, I could send you a meal through social media.

Chrissy K: That would change the entire [inaudible 00:54:51] and we would be really rich too.

Steph G (host): Somebody needs to make that happen. One piece of advice that you would give yourself as a teenager?

Chrissy K: That's a good one. As a teenager, I have a thousand things I'd tell myself, but I guess if I have to pick one, I would tell myself to just stop playing small and downplaying what I have the possibilities to do.

Steph G (host): I love that, and then the last question. In your opinion, what is the most important ingredient in building unbreakable humans?

Chrissy K: Oh man, unbreakable humans. In terms of strength?

Steph G (host): Any way you want to interpret it.

Chrissy K: Oh man, unbreakable humans. I am going to say, if we're going to build unbreakable humans I think we need to be compassionate. Because I think that when we show compassion to everybody around us, and we can see things from other people's perspective, I think that we can make huge changes in the world.

Steph G (host): I love it, and you know what's interesting? So of all the times I've ever asked this question, which has been a lot. It's been like 60 or 70 times I've asked this question, people's answers are almost never about the physical being. Which I think is fantastic, and I love that. Well, thank you for the rapid fire. You passed with flying colors of course.

Chrissy K: Oh yay, it was toughest part.

Steph G (host): I really appreciate it. So, give us where we can find you online if folks want to go and dig into other stuff that you've written. By the way, we didn't even scratch the surface on things like sustainable diets, and I really love what you wrote about detoxes and cleanses are kind of

bullshit, and body positivity. You've got so much other great stuff, so where can folks find that?

Chrissy K: Absolutely, so my website is chrissyking.com. That's where you can find some previous blogs there, and again I talk about all different kind of things. On Instagram, you can find me at [iamchrissyking](https://www.instagram.com/iamchrissyking), same thing on Twitter. And then, on Facebook I'm [Facebook.com\chrissykingfitness](https://www.facebook.com/chrissykingfitness).

Steph G (host): Perfect, and we'll link all that up in the show notes. And you know, what? Everybody who's listening, I want you to go on Instagram right now, and follow Chrissy, and watch her dead lift, because I swear it is a thing of beauty. And your jaw will be hanging open and you're going to be like, oh my God she is so strong. So please go follow, go dig into the blog. There's so much good stuff there. Chrissy, thank you so much for sharing your perspective, telling your story, sharing some amazing advice for everybody, and continuing this dialog. It's so valuable and I'm just very grateful for all that you are working on, and all that you'll continue to do. So, thank you so much for being on the podcast.

Chrissy K: Thank you so much for having me, and again I appreciate it so much that you're using your platform to talk about these issues, and that you even had me on to talk. And I'm super excited. I have to tell you this, I have to tell everybody this before I go, is that I've been a huge fan of Steph for so long.

Steph G (host): Thank you.

Chrissy K: Seriously, so I did a little dance party when she asked me if I wanted to be on the podcast. I was like what? Of course, I do. So no, I thank you and I appreciate you so much.

Steph G (host): Thank you. I have to say the feeling is totally mutual, because I am always star struck. I'm like, I'm going to ask so and so to be on the blog. I hope they say yes, and then people say yes, and I'm like yes. I can't wait to talk to them. So I really appreciate it. Thank you so much and I hope to see you soon.

Chrissy K: Okay, awesome. Thank you.

Steph G (host): Thanks. All right, that's a wrap on episode 72. If you'd like to get links to the things that Chrissy and I talked about on this week's episode of Harder to Kill Radio, just hop over to stupideasypaleo.com and you'll see the show notes for this episode. And as always, I'd be so grateful to have your subscription on I-Tunes. It really helps other people discover the show, and it means that every Tuesday when a new episode is published, it automatically uploads to your device so you don't have to even go seek it out. Just go ahead and turn on your podcast app and there it is. All right, thank you again so much. I can't wait to bring you another incredible guest next week on the show, and until then, stay healthy, happy, and harder to kill.