



Trim Healthy Podcast with Serene & Pearl
Episode 366 – The Power of Play ~ Part 2~ The Poddy Crew Jumps In!
Air Date 1/31/24- [Watch Here](#) ~ [Listen on iTunes](#) ~ [Listen on Spotify](#)

Quotables

- “Happiness can be fleeting. But ‘the joy of the Lord’ stays steady through all that life presents.” – Arden
- “We’re not promised tomorrow. We don’t know what our time is... we are here for the glory of the Lord and we’re here to serve Him. Don’t just go through the motions. That’s something I feel I’ve learned through my hardship. I can’t just waste my life!” – Arden
- “No one can mess up my day but me!” – JD (Poddy Crew)
- “More and more, as we become God’s friend... all the junk just slips right off because He’s rubbing off on you... You start to look more like Him!” – Pearl
- “Not until I embraced that I would be happy no matter what happened did I start to heal.” – Arden
- “We can’t ever prepare ourselves for the curveballs of life. But that’s what teaches us.” – Arden
- “My children are perennially building forts all over the house. It’s play but it’s hard work. They are implementing engineering principles—but they are learning with a childlike spirit. The kinetics and muscle memory and mathematics implemented with building and climbing and playing is incredible.” – Nate (Poddy Crew)
- “We must embrace the kingdom and become like children. Walking barefoot has been such an important thing for me to do to fight off some of the issues I’ve fought with Meniere’s. I get healed from the intermittent whirring in my ears while walking barefoot on the beach! Grounding does something incredible.” – Pearl

Arden on The Power of Play

“We were talking about how kids look on the bright side, even when things aren’t going well. I remember when I was in treatment for cancer at Vanderbilt, and I was given the option to be on the adult side or the children’s side (I was 18, so I could choose which one to be on). It wasn’t hard to choose. It was dark and dismal on the adult side, and it was bright, colorful, and playful on the kid’s side. While it’s tragic seeing the children going through the various health conditions they go through (some of them being terminal diagnoses) ... the children all had hopes and dreams of health. They were all looking forward to growing up because they had that amazing, child-like perspective. Many of those that I saw in the hospital are no longer with us...but they still had this happy, incredible perspective of life and a future. I remember one younger boy, very specifically, who was on the same floor as me. His parents weren’t around because he was in the foster system... and he was bald, just like me, going through the chemo. But he was constantly playing and having fun. He had that childlike view of the things around him... some of the teens on that floor were miserable because they knew life outside Vanderbilt, but he didn’t know and was able to live with fullness and happiness...It was such an inspiration.

During that difficult time, I decided to look at the bright side... and embrace the joy of the Lord even when I wasn’t ‘feeling it.’ I decided that no matter what, I’m going to keep my eyes up. When people would ask me how I was doing... I was like... “GREAT!!” ... even when I wasn’t feeling the greatest. You can’t just get down because of the circumstances that surround you. Embrace joy. Embrace childlikeness... even through hardships that get you down. We can’t wait for our circumstances to be perfect to experience the joy of the Lord.

We’re not promised tomorrow. We don’t know what our time is... we are here for the glory of the Lord and we’re here to serve Him. So, don’t just go through the motions. That’s something I feel I’ve learned through my hardship. I can’t just waste my life!

After all the bumps in the road, I just always check myself– and I remember that I DO NOT have the right to be frustrated and stressed out. After everything that God has brought us through. We embrace the attitude of thankfulness. But that’s where we become like children that enter the Kingdom. We keep our eyes on Him, and all that He has done for us. When you must face death, and you come back, it changes your whole paradigm. But I’ll tell my whole story on an upcoming Podcast.

“How do you choose happiness when you know you might be dying??” – Pearl

Whether I lived or died, my life was in His hands. I would say, ‘God, I trust what you have for me.’ Whether I receive healing today or in the next life. It wasn’t until I embraced that I would be happy no matter what happened, that I began to heal.

JD on The Power of Play

“I was just watching kids out the window from where we record the Podcast –because it’s on a farm, and there are families around the Hilltop. And I was saying to myself, ‘This is heart healthy.’ Because it is so good for my heart just to watch them play out there barefoot. Kids have completely forgotten how to play... least of all with bare feet! If families just took the time to play together, the bond would be inseparable.

And what about skipping? If adults could just skip, they'd be happy. Sometimes it's good to embrace your inner child and just skip!! I was recently skipping home from church. We all (my wife, adult children, and I) skipped home together after church.

Typically, I go into a project with a fun, jovial attitude. Work is so much more enjoyable when you keep that attitude. We enjoy getting lots of work done, but also keeping it fun when we're working behind the scenes for the Podcast, for Tribe Healthy, and the other projects we work on. That childishness keeps you young! Even Arden has me doing pushups in the office! That keeps me young!!

Nate on The Power of Play

"There are things that children do mindlessly that are good for them... simply because they're childlike. Running around barefoot is a great example. They receive all this energy from the earth that is rejuvenating for their little bodies because they run around outside without shoes. They do 'grounding' because it's fun. I can never get my kids to put shoes on... but it's naturally healthy. They are being themselves without trying. One of our neighbors always tells us that he loves to watch our kids because they're always running around and having fun and aren't mindlessly on some kind of device. While we appreciate technology as a tool, the kids are so much better off climbing trees and building forts, etc. My children are perennially building forts all over the house. It's play but it's hard work. They are implementing engineering principles—but they are learning with a childlike spirit. The kinetics muscle memory and mathematics implemented with building climbing and playing are incredible.

The apple tree in our backyard has been the best playground for my son to learn to be a little gymnast. And all that learning is paying off and he is excelling in gymnastics as a young man. But he didn't have to try to do that. It was a result of his constant play! If we had tried to get him to stop all the time, it would have killed what was so natural to him. He taught himself! You must be like a little child, right?

Another one of my experiences highlights the power of childlikeness. Before we left Hawaii, during COVID-19, my wife sent me to the beach to go diving for my birthday. I went to one of those white sandy beaches that you see in the magazines. One of the benefits during that time was that so few tourists were in Hawaii, so for the locals, the beaches were almost empty. So, I went to this huge, beautiful beach (Mauna Kea Beach, specifically), and there were so few people there. So, I went to the north side of the beach and started free diving. And there were so many fish and turtles and creatures as I swam out into the ocean. It felt like I was the only person alive on earth. But something that people that swim in the ocean know, is that you must learn to go with the flow. You can't try too hard. You must learn 'the flow.' But there is something incredibly childlike and primal about floating in the ocean. It is like baptism.

Mike on The Power of Play

"My special needs (Down Syndrome) sister Katherine doesn't just watch her little shows, she memorizes them. Then she calls me in, and she performs the whole thing for me. It is mind-blowing. But she learns all of that in the setting of "play." Of course, she has her moments like any other child, but when she is happy, she's happy. She is incredibly sweet and loves to give hugs and play. And with my brother, Alex (who is extremely special needs) I always love to wrestle and rough around. When my parents first announced they were adopting two special

needs kids, we didn't know how it would all turn out, but now there is more joy in the home. They are my siblings, and we would not be the same family without them. There is so much love having brought them into our home.

trim healthy Product Spotlight

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We've each created our workout series with a primary focus on strength training. All our workouts are designed to help you become a burner! What's a burner? Someone who reverses insulin resistance and burns through food fuel and blood sugar even amid hormone challenges! You will find a workout series that fits your lifestyle. Or pick from our many workout options according to your lifestyle. You can do all our workouts at home or take us to the gym on your phone.

Pearl Here - My sessions are just 25 minutes long and are so simple! All you need are some dumbbells. They're perfect if you're at a beginner or intermediate fitness level. But in no way are they insipid. Your body will transform!

Serene Here - My sessions are 45 minutes long and I use a barbell, but I show mods on how to use other simple things like dumbbells. If you're like me and a total dork about getting your lean body mass back and building some serious tight, high glutes... join me! My workouts are for intermediate or advanced fitness levels, but beginners are welcome if you want to use the mod boxes.

We also have 10-minute workouts - These are called Fit 10 - led by our cousin Cal, a retired marine and expert fitness coach. They're perfect if your life feels too busy for exercise or if you can't fit one of our sister sessions in. They'll get you fully fit in just ten minutes.

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