



Trim Healthy Podcast with Serene & Pearl

Episode 365 – Change Everything in Your Life with A Four-Letter Word!

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Quotables

- “When it’s “PLAY” it’s no longer work!” – Serene
- “Play is our brain’s favorite way of learning.” – Diane Ackerman
- Our journey of re-discovering the joy of the food groups was quite playful! But we have often had people tell us to take things more seriously...” – Pearl.
- “From the studies...PLAYING prepares children most for life.” – Serene
- “Play is a key to learning. Play improves memory, play improves brain function, it relieves stress and it can heal emotions.” – Serene
- “Don’t make it all about the rules or it will become drudgery and you’ll lose out on the opportunity for real transformation.” – Pearl
- “PLAY is when you allow yourself to be in a FLOW state. When you allow yourself to enjoy.” – Serene
- If we could only hang onto one thing that’s Trim Healthy... it’s THIS Poddy. The Podcast is our play space. Danny makes it fun, and we enjoy ourselves. It’s never stressful!!” – Pearl
- “The studies confirm that PLAYING keeps our brains flexible as we age, it wards off depression, it sustains optimism, and keeps our emotions healing.” – Serene
- “If there’s pleasure... it’s PLAY... Just take the simple things in life and laugh your way through them.” – Serene

Play Your Way into Learning

Serene and Pearl... Have you become too adult-like?? Have you forgotten that we're meant to grow *down* and not up? Everyone says you've got to grow up!! You've got to grow up!! But we're meant to grow down. The Bible says, "Be like a child." You don't enter the Kingdom of Heaven unless you're like a child... "A Child shall lead them."

We know from research that it takes 400 repetitions of an act or learning skill to gain a new synapse... or 6 repetitions in a playful way – and then you gain your synapses in that short span. In that same spirit, we've played our way through this whole TH journey.

Drudgery is done away with when we learn to play. It's one of the things that has kept us in the game... creative play is good for children. It does correlate that kids learn so quickly and their learning is so accelerated because they're having FUN when they learn. It isn't drudgery... Of course, even for kids, when things feel like drudgery learning becomes slower (ask any teacher or homeschool parent!).

Our journey of re-discovering the joy of the food groups was quite playful! But we have often had people tell us to take things more seriously... "Stop with all those silly nicknames..." "Take this seriously..." But the truth is, we couldn't, or we'd lose our love for our healthy journeys. We've been determined to keep the fun in our journey. But it didn't start like that– before we had our Trim Healthy transformations, we were very exclusive and kicked out whatever food group was the "bad guy" of the year. It's our view that our posture of childlikeness in our Trim Healthy journey has been an asset and NOT a liability... even if it has bugged some people. It's one of the reasons that we have done what we've done. We have had FUN along the way... even our descriptions of what happens scientifically in our bodies, we describe in playful ways. For us, the muscle cells are librarians and fat cells are partiers... which is a vivid way to describe things in an almost child-like way that is more like "role play" which makes it more memorable as well!

[A report from The Lego Foundation](#) examined 26 studies about play from 18 countries. In the studies, it was clear that play was helping them learn in several domains of learning: Math, Literacy, Language, and Social and Emotional Skills. The outcomes of play are so powerful that the authors suggest that play represents the best long-term value for helping children. Play equates to skills that will last. Playing equips children for life.

Think about all the studies that we get into (Pearl speaking) ... when I look back, I usually lose a lot of the hefty information all too quickly. It is so hard to absorb and retain information. But I think of all the scientific information that we've turned into playful information (perhaps a playful image)–and that is the information we REMEMBER. It's absorbed deeply into our minds. We're applying the principles of play, and it is building those synapses.

Research shows that when mammals play, their brains are activated in a way that can change the neural connections and the prefrontal cortex impacts not only emotional regulation but also problem-solving. It impacts the release of chemicals in the brain such as oxytocin and dopamine that impact mood, memory, and attention span.

There was a [study that was done on doctors](#). In the study, "the doctors were given a list of ailments from a hypothetical patient and also given a misleading piece of information... Half the doctors were also given a bag of candy and said it was a token of appreciation for their participation in the study of medical decision-making. The others were given nothing... *The*

doctors receiving the candy were far more likely to correctly diagnose the patient's problem..."

The point is that the doctors were given encouragement and something kind (a process that releases oxytocin)! And that stimulates a part of the brain in a child-like way! And of course, they were more successful at the job at hand. Oxytocin also turns down cortisol. So, happiness kills the stress and you're ultimately more successful!

Play is a key to learning. Play improves memory, play improves brain function, relieves stress, and can heal emotions... When we play, we're more flexible. Play is about enjoyment. It's about fun. It's about imagination. It's creative-led instead of rigid and structured. "Play is our brain's favorite way of learning." –Diane Ackerman

Bringing this home, with The TH Plan. Some people see "the rules" but we never intended for people to get on Plan just to be obsessed with rules!! Yes, some of the carb or fat counting helps people who have a more mathematical bent. But if someone is brand new to our plan, we want to set people free to enjoy themselves and get into a new perspective of enjoyment. What can you have fun with?? Don't make it all about the rules or it will become drudgery and you'll lose out on the opportunity for real transformation.

Play brings LOVE back to our lives. My workout, for instance (Serene talking), if someone did it without having my lens, they might think of it as torture! But for me, it's a hobby I look at it as my spa time... I enjoy everything about it... even the miserable parts when my muscles are screaming! If we could only hang onto one thing that's Trim Healthy... it's THIS Poddy. The Podcast is our play space. Danny makes it fun, and we enjoy ourselves. It's never stressful!! Not everyone loves the Podcast ... but part of it is that we learn together, we bring the play, and we don't take this too seriously.

Change your lens... bring PLAY back to your kitchen... to the rules that are burdening you. The characteristics of play are all to do with motivation and mental attitude NOT the actual function. Two people can be doing the same thing – one can be playing and the other NOT. Play should not be confined to childhood. They've been studying the play for adults for 30 years (in the science space) and it confirms that it keeps our brains flexible as we age, it wards off depression, sustains optimism, and keeps our emotions healing.

Another example of the power of play is from the movie, "Life is Beautiful." It is about a Jewish father who convinces his young son that the whole situation is a game (even as they're going to the concentration camps during the Nazi invasion. "In the camp, the father hides the true situation from his son. The father tells his son that the camp is a complicated game in which he must perform the tasks the father gives him. Each of the tasks will earn them points...the son is at times reluctant to go along with the game, but the father convinces him each time to continue." The playfulness of the father made the dark and terrifying aspects of the camps into something that the son could, in a sense, enjoy. All this is because of the father's playful perspective and lens.

Finally, we have done extensive amounts of research on *what prevents aging in the brain*– (lower body strength training is a big one that helps). But there is something else that is significant [and it's DANCING!](#) And what in the world is more childlike than dancing?? And this is how we enter the Kingdom. What could be better than dancing at home with your child or grandchildren? Those releases endorphins and oxytocin. It reverses aging. It's the POWER of play.



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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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