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Wed, 5/4 3:36PM 39:18

## SUMMARY KEYWORDS

life, people, talking, julian, mountaintop, age, older, world, thought, health, art, loneliness, wife, medical school, fitness, mentioned, feel, retire, fascinating, younger

## SPEAKERS

Edroy Odem, Julian Hayes II, Scot McKay

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Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host Scot McKay.



Scot McKay 00:18

Ah, how's it going? Gentlemen? Welcome to yet another episode of The World Famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter clubhouse and now tick tock and true social also. Real Scot McKay on Instagram. The YouTube goodies can be found by looking at my name SEO T MC KY on YouTube, www dot mountaintop. podcast.com is the URL where all the other goodies are found, including links to the latest monthly masterclass. And, guys, if you haven't joined the Facebook group, it's the mountain top summit on Facebook, we're looking for you there will welcome you to talk about all things mainly in a fun and interesting way that usually doesn't involve complaining about things like our ex girlfriends. Anyway, on that note, I want to also welcome a new friend of mine today. His name is Julian Hayes the second. His brand is the art of fitness in life, and He is the author of body architect. He's from Nashville, Tennessee, and we're going to talk about an exceptionally fascinating topic today, which is how to be more mature without getting old. Now we all want the existential, cognitive and wisdom oriented benefits of having walked on God's green earth for the amount of time we have. But man we just don't like growing old and stodgy and becoming one of those old Get off my lawn guys, you know, as much as we want God's green earth to stay green, right? You probably gotta let kids walk through your green lawn sometimes. But enough about me. Today's guest, as I just mentioned is named Julian Hayes the second, Julian welcome, man.



Julian Hayes II 01:54

What is up Scott, how is it going out there? Thank you so much for having me on.



Scot McKay 01:58

Well, it's a beautiful day, as I'm sure it is in Nashville. You know, Nashville is one of the most underrated beautiful places in the US have a I think?



Julian Hayes II 02:06

Absolutely. It's it used to be one of America's best kept secrets. But I think the word is out there now, especially over the last few years. Nashville, it looks so different compared to what it looked like when I was growing up here.



Scot McKay 02:18

Yeah, you know, I think it's much like the old slogan orange juice. It's just not for breakfast anymore. Nashville, Tennessee is not just for country music anymore. No. Do you agree?



Julian Hayes II 02:28

Absolutely. It's funny. I had some friends here from that I went to medical school with during my brief time there. And they came here and they thought that it was just country music and they're like, Wow, Nashville is really not that bad. I, I thought it was just gonna be hunky talking. And I was like, yeah, there's a giant strip of Honky Tonk bars. But you know, those rooftops, we have all different types of scenes now that it's just that the country music is the branding, that's what gets people you know, that's what it's known for. But just like any other business, you have different subdivisions and subcategories as well, that's great as well, just like Apple, Apple doesn't just have the iPhone, they're gonna have the MacBook and other gadgets as well.



Scot McKay 03:06

Crystal clear, gotcha, man, it's a nice place. I've spent a lot of time in Tennessee. And that part of the world is just magnificent. So you and I are going to talk about this idea of becoming more mature without getting old. We made friends immediately and talks about a lot of things before we clicked record on this particular episode. But we made it a point not to talk about today's topic at all, because I really wanted to save it and see where the conversation went. And so what I'm going to do is, first of all, let's talk about your brand a little bit, Julian, what caused you to focus on the art of fitness and life? And then we'll go ahead and dive right into some of those ways where we can spend a longer time on this earth without getting old prematurely. So as promised, first of all, tell us a little bit about the art of fitness and life, Julian?



Julian Hayes II 03:54

Yes. So it is, as it sounds, the art of fitness in life. So it is a combination of life and fitness because I believe those two things, synergistically need to be aligned together. Because a lot of times, if we have fitness and health problems, it's really just a masquerade of like having life

problems, just like I think in the dating world, where you don't really have dating issues, you probably have life issues. And there's something that you need to work on with yourself. And I've always been involved in health, and from a young age. And I think this probably stemmed from just seeing different family members suffer needlessly and not take care of their health to the best of their ability. And so this led me down to medical school. And during that year of medical school, I left after my first year, I had a lot of crazy encounters in New York, because New York is totally different from Nashville, it blew my mind. It's the first time going up there. And I named the company that mainly because I like the word art but also because of the things I mentioned beforehand. And over time, I have this curiosity of just I just think that in terms of human potential, there's a lot that we're leaving on the table, and I just went down different rabbit holes and I continually learn and reach out to people to learn about this world of aging and how we can age more gracefully and be longer on this earth, but not just living longer, but also having a high quality life as well, because no one wants to be 100 years old, and is totally dependent on someone and doesn't have the mental acuity to do anything.



Scot McKay 05:17

Yeah, for sure. You know, you talked about being in medical school for a year, I had an even shorter tenure in medical school than you did. Meaning I didn't go at all, I understand how New York can pretty much blow people's minds. It's a completely different world, compared to just about anywhere, frankly, I've been a lot of places, but New York kind of stands alone. And as you were talking, I was thinking, you know, the medical profession, being a medical doctor, an MD, is very scientific. And you said you liked the word art. And it's interesting how a lot of times when we think about our health, we really do take it to a scientific level, almost by default, we start to think, Okay, what vitamins do I need to take? What is the scientific way? I'm going to lose weight? How does the body work? How is body chemistry composed? All those things, you know, and yet there kind of is an art to this overall function of living? Well, if you will. And I think it's fascinating that you'd recognize that a year into medical school and turn your attention in that direction, kind of as more of a right brain or than a left brain or Hmm,



Julian Hayes II 06:27

yes, I've always, I've always been stuck in two worlds, I would say, the science side of things came very easy to me. And that was the safe route for me. But then I've always been drawn to the artistic side of life, and even living vicariously through a lot of people in that world. And I just, I'm kind of a spiritual dude. And I know that's a buzzword now. But I just kept something in my gut. And my intuition kept getting louder and louder that this is not it. And I thought, and I just really thought about it that okay, maybe this is my purpose. Maybe my unique angle is to combine these two worlds. But yes, let's look at the science and everything. But let's also bring some of the aspects of the arts and mesh those two things together. Because, like you said, I think a lot of the issues now when it comes to health is we're way too scientific about it. And we don't consider the other life factors that plays a role in our health.



Scot McKay 07:17

Yeah, you know what, it's fascinating. Just a few shows ago, we had a gentleman on who's a New York Times bestselling author, by the name of Doug Knoll, he was talking about social skill and how everybody treats it at best as a soft science. And typically, rather, they treat it as well

art with no science attached to it at all. So he took these typically right brain concepts of social skills and of emotional intelligence, and applied hard science to them. And it made for an interesting episode, and hear you come along a few shows later, taking something like our health and maturing, that usually hard sciences applied to most often, and you're doing the exact opposite. You're applying the more right brained art to that. And I think it's I think it's a wonderful, wonderful concept. So let's get started off with some of the basics here, right? What are some of the blind spots, if you will, where we just completely miss how artistic our health and indeed our maturity really should be? What should we be paying more attention to Jolin?



Julian Hayes II 08:20

I think probably one of the biggest surprises like you're mentioning is that when we think about how can we age more gracefully and maintain great health and stay at the top of our game at 40 50 60 70 80? And beyond? A lot of times, we might be inclined to say what type of diet should I use? What type of training regimen should I use and, and different bio hacks, and look, I love all those things, I get new gadgets in typically every week. But the first place to really start is internal with ourselves. And I like to think of a vision, and we hear the word vision a lot. And a lot of times in the professional world, we have these career and goal aspirations but very little have people actually taking the time to really think about what optimal health what aging looks like for them. Aging has a poor reputation. When we typically think about aging, we think about our body temperature drops, so we're colder all the time we go to sleep earlier, were slower. We're not as sharp, and it's all these negative connotations. So the first place is to redefine what aging is to you and set your vision for what optimal health is for you. What do you what do you want to feel like? How do you move? You know, what's your different body metrics? Like what do you weigh in? What are you doing? And what is this leading to? So you're changing your paradigm internally, from your perception, because everything starts with thought. And so if your thought is not in a more empowerment state, then the physical is not going to manifest in that way neither. So after we have the division set, I was listening to a lecture by a guy named Dr. Mario Martinez, really fascinating guy and he was talking about this thing as well. And he listed a couple things that I thought was very interesting in terms of he studies a lot I centenarians. And he mentioned things such as self love consciousness as being a big thing and how he defined self love was healthy narcissism. And I like to think of it as having a positive view of yourself, and not being cocky, but also being confident of yourself. And the funny thing is, you could translate this and you can take this into your professional life into your relationships and dating. And this reminds me of a thing my mentor said, where he says, You don't attract what you want, you're attract what you are. So what are you? And so that's where the vision starts first, and then day to day? Are you in alignment with that type of person who would have that type of vision?



Scot McKay 10:38

You know, as you're talking, I'm reminded of past conversations we've had on this show, where we're kind of told what our quote unquote American dream should be. You go to college for four years, get an entry level position at some company, claw your way up to middle management, have a mortgage to BMWs, a wife, 2.5 kids and a dog and get two weeks of vacation a year, right? And people wake up kind of like the old talking head song and go, Well, how did I get here? This is not my beautiful house. This is not my beautiful wife. Yes. And yet, we're there because we were told, that's what we should want. So let's apply that to health and aging.

Okay, I get to be 55 years old, I start planning for what Tim Ferriss would call the deferred life plan. When I'm retired, I'm going to travel the world with my wife, we're going to get an RV and go meet other RV people when we're older. We're going to eat at cheap cafeterias on a limited fixed income budget, where pretty much the food is worse than the high school cafeteria was. And you know, who cares? I'm going to supposedly love it. I'm left wondering, Where did we get all these stereotypes? And what is it that's making us aspire to them? You know, wait a minute, I gonna have to walk back my comments on RVs. Right? Because I do love our v's and I look forward to being a diesel pusher myself someday. So maybe that one isn't so bad. But you know, this idea that old people go to bed at 530 with butterscotch, putting in a sippy cup and wake up, you know, like early in the morning and watch the same boring television shows like Judge Wapner and whatnot. I mean, where do we get all that? Why do we have to be doing all of that when we're older. I mean, personally, my kids are BMX racers. I'm 55 years old. Indeed. I still have BMX bikes with number plates on them. And I'll still ride around the neighborhood with the kids jumping curbs and doing you know, little tricks and stuff. And people, adults will look at me and roll their eyes, either figuratively or quite literally, you know, people younger than me. And meanwhile, some of the other neighborhood kids will be like, Whoa, brah you know, Sarah, and John's dad, he's like, all old. He's all dude. He's still out there doing tricks. That's crazy. Well, ultimately, the point is, no one ever told me I should stop riding my bike. So I didn't, I'm still doing what I want to do.

 Julian Hayes II 13:01

Yeah, you are inherently doing one of the important things as well. When we were studying Aging Gracefully, and centenarians, you are still experimenting, you're still staying curious, you're still staying young. At heart, in your mind, if you didn't notice, like a lot of times, people who say they wait for retirement and it retired. A lot of people if you don't notice they become sick, or they might unfortunately pass away. Because one of the key things in life is to have a mission, have a reason to stay alive, have something that propels you to get out of that. One thing that's fascinating is if you look at presidents, a lot of presidents live a pretty long time. And it's a highly stressful job. And you would think that that would be that would just take their health. But if you notice that a lot of presidents after they're done serving in the office, they take up various humanitarian initiatives, and they have something else as a more like third or fourth act of life that keeps them going. So that's a very important thing that you mentioned there is that's a mission, you're experimenting, you're staying curious. And so you're just because you're gonna logically going up doesn't mean biologically and internally, you have to follow the same suit as well. And one other thing I would add is we talk a lot about social skills and socializing is loneliness is a huge problem, I believe for men now. And loneliness is highly inflammatory. It's some crazy stats I saw and I don't remember off the top of my head, but if we hear inflammation all the time, right, but you never hear about inflammation just from loneliness, and there's psycho neuro immunology, where we can literally think and make ourselves more inflamed and sick, just by our thoughts are coming through us and just being lonely. So I think as we get older, we tend to kind of lose that community. That social aspect.

 Scot McKay 14:48

Yeah, I think a lot of people and this is anecdotal, but I do believe I've read at least some stories where it's talked about, I don't know if I have peer reviewed studies to draw from here but a lot of people as they grow older fear loneliness more than they fear death itself. Well,

they fear losing their mental capabilities and losing their ability to be ambulatory also. But that fear of loneliness is very, very real. Now, you were talking about presidents and one James Earl Carter comes to mind. Yes, it occurred to me while you were talking, that dude was out of office 42 years ago, and he's still kicking. And you know, he's famously been a spearhead for such wonderful causes as Habitat for Humanity. But he and Rosalyn are still alive and kicking. Yeah, it's all about purpose, isn't it? A lot of people seem to retire and die shortly thereafter, you know,

 Julian Hayes II 15:39

I've seen a lot in my family, I come from a blue collar background, and they, their retirement is the apex of and everything has been delayed until the retirement and they get to the retirement and, and it doesn't happen because they get sick, or they pass away before they get to do those things. So yes, one lesson is to don't put everything off. But another thing is to always have a mission have I don't really like purpose, purpose, sometimes overwhelmed wheel, but have a rhyme and reason for what you do throughout the day. And so you're just doing things with intention, you're being a lot more intentional. And I think you were mentioning about why do we think this way? Why did we do these things? It? Well, it's because that's what we were told. And I thought about this myself, I had to really relearn just different things in history, and even just a lot of my beliefs about things in the world. And I sat down one day, and I thought, why do I believe these things? And it's because what I was told, and then why was I told these things is because the people that told me the things, we're also told these things. And so it's just this cycle. But how many times have we ever stopped to think, is this really true? Have you been investigated? Is this true? Or am I just going with this belief, because this is just what I was told. And it's unfortunate, but I think that's a big reason. You know, like, who says that you cannot continue to do adventure sports, when you're 50, who says you have to stop after you get to 50? Who says he thinks it's nonsense, but it's just what we're told. And we don't take the time to stop and actually think about these things. You know, that's why, for me seeing President Carter like that. Now, yes, he's, maybe physically he's not there. But that was a different time, technology has advanced. So by the time if he can get to that age, and I have an uncle who's like 100, and he can get to 100. And he didn't have nearly none of the information I had, he went through a lot more different hardships. And he got to 100, who's to say, I can get there and be in a much better position with all the technology and knowledge that will be coming and that I have already. So that's kind of my perspective on how I look at aging as well.

 Scot McKay 17:37

Now, you know, it's curious, you would mention this idea of well, having identity which leads to use of the P word, purpose, but at least knowing what you want to do and why you're doing it. And that topic comes up repeatedly on the show. And you can just throw that pebble on the mountain of reasons why it's a good idea to know who the hell you are and what you're about. You know, we were discussing, perhaps joking a little bit before the show, about how back in 2014, what you would write as your big deal breaker on online dating apps and sites was, if you don't think Black Lives Matter, swipe left, and then Donald Trump was elected, if you voted for Donald Trump, swipe left, and then up until about a month and a half ago, if you didn't take the shot, or if you did take the shot, don't bother. And then suddenly, fewer people care about that. They don't care whether you have mRNA, cooties, or are killing grandma, take the shot or

whatever. That's so February 2022. Now, if you don't support Ukraine, swipe left. And these are a bunch of people who are supporting the current thing, because they were told to nothing more. You know, Elon Musk tweeted out a meme a few weeks ago that got 1000s and 1000s of likes and comments on Twitter. And as this poorly drawn cartoon going, I support the current thing. And he goes, you know, now you don't have to change your meme anymore. You can just use this one. And now, having bought Twitter, Elon himself, has become the quote unquote, current thing. And people really are just brainwashed into supporting the most media driven opinion does your and they do it because they fear not being part of something bigger, and they don't want to be on the wrong side of the issue relative to the people they want to run with. So they pick which side they think everybody's on, they follow the herd. And that herd mentality leads to a lot of people acting well like sheep. And once you've acted like a sheeple, what's your destination? What's the payoff? What really comes of it? And I'm hearing you say, really, it could be a big fat, nothing. And then you wonder why you're there. But suddenly you are.

 Julian Hayes II 19:53

Right. Yeah, absolutely. It's, I have friends who fell into this trap. I mean, it sucks it it sucks to see it. But that's why it's, it's funny how I say things are, you know, the art of fitness and life and those three things together, because it's a lot of similarities. It's a lot of similarities that generally, if you're doing what the masses are doing, odds are, that is probably not the ideal thing long term. But I think people are so afraid to be quote unquote, alone or to stand on their own two feet that they rather just hide within the crowd. And then at least then, if something doesn't go their way or something happens, then it's not their responsibility is they can just blame it on someone else. So it's a it's a lack of accountability and responsibility on their part. And I think a lot of times people do not want to own up to that, or they're afraid for whatever reason, I have no idea why it's just it's a fascinating time in human history. To me, it's quite fascinating. I am fascinating.

 Scot McKay 20:52

Yeah, with the internet was supposed to come deeper knowledge on the part of everybody, and really is just resulted in a small percentage. Yeah, well, at this point, it's become overwhelm. Because, you know, with broadband came the ability to just absolutely inundate people with information, nonstop 24/7. And therefore, most people just read the headlines and make decisions and say 280 characters or less, you know, it's funny because you were talking about this idea of possibly zagging when everybody else is ziggling. And that at its purest form, is simply rebellion against the status quo. And that's no better than simply ziggling with everybody else is it. And as a matter of fact, you could become more well wait for it lonely. If you're the only person doing something, when everybody else is doing something else. I mean, yet again, with the force majeure of the internet, you can find your Echo Chamber, no matter how much of a whack job you are an outlier. But you know, there's this concept at play here of knowing who you are and what you want to do. And as long as it's something you really want to do. And you find it important and fulfilling to you not only would help you find your honey, your soulmate to go do that together with, but it'll give you a lot more satisfaction in life in general. You have no way of knowing this, but my wife and I are world travelers, we've been all sorts of places. So 10 years ago, we went to Machu Picchu, and I was 45, my wife was 40. And if you've ever seen the pictures of that big Sugarloaf like landform, in the background of the you know,



iconic picture everybody takes when they're there, we climb that thing. It's called Hawaiian Picchu. And you have to be one of the first 200 people to sign up in the morning. So we were there like daybreak and got in and climb the thing. And at 45 and 40. We were the two oldest people up there. Actually, to be fair, it was strenuous, okay, so I couldn't help but comment to my wife, wow, all these poor bastards who wait till they're like 65 or 68 to retire and go see the world. You don't get to do the things we can do when we're younger. And all these kids who are backpacking man, they're right on target to go do that and do this stuff when they're young. Now someone may say, oh, you know what, now that you're out of college, go to medical school. Well, that was all well and good for you, Julian, the first year, you learned a lot. And you know, for sure a lot of people graduate from medical school and then become a doctor. It's certainly not a waste of your life to go. But it's not a waste of your life to go do something different either. Because you're more passionate about it and think that's what you ought to be doing. Yet this whole life plan that's laid out before us, people just walk right into it. This is a fascinating conversation. And the next place I want to take it is into the emotional kind of psychosocial realm, right? I think a lot of times when people get older they think Alright, well, it's time for me to calm down. perhaps be more stoic. I need to find different things important. I need to find different things entertaining. I need to stop watching South Park and the Simpsons because it's so darn pedantic and move on to something a little more dignified and mature. What does that even mean? It means someone else's perception is flavoring my perceptions. One of the things that gratified me the most from reading Jordan Peterson's book 12 rules for life, was finding out in the middle of the book that he's a huge Simpsons fan. Because I mean, if Jordan Peterson is a Simpsons fan, why can't I be right? I'm actually not as much of a Simpsons fan personally, but I am a South Park fan. My wife and I will watch a couple episodes of South Park when we just need something braindead to finish off our day, you know, which is quite often in the kind of work we do, actually. But the amount of people who will come up to me and comment, you have so much enthusiasm for a guy your age, then I'll say something like, well, thank you. But in my head, I'm going Why would I have lost it? What does it benefit me to lose my enthusiasm for life? I'm still a very curious person. I still want to keep learning. I still love to crack jokes and be light. And I have this theory, Julian, if you share it with me that I don't think people really ever wanted to grow old, I think they were just told they had to. So in other words, I didn't really mean to have less energy and not care as much and become crankier and angrier and more jaded. And be less trusting of women, or whatever I am. I didn't mean to stop buying things that were red and yellow and bright green and buy everything that's grayscale for the rest of my life, like my cars and my clothes or whatever. It seems like when we're reminded that life's supposed to be fun and colorful and interesting. Most of us one brace that if somebody just leads us to it, yet, where we've been led instead is this place of kind of grayscale boredom as we get older. No wonder growing old sucks for so many people, right?

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## Julian Hayes II 25:54

Yes. And also think it's a couple of things there that had me thinking is one of the things is, I think people are searching for themselves. And I think a lot of times people are searching for meaning. And jumping on some of these movements sometimes gives people meaning to their lives, because they don't have meaning elsewhere. Because they're following that, that script that we said that that predictable programming, and people being numb as they get older. And if you think about it, why do people drink? Why do people excessively drink? I mean, I enjoy drinking found a time, but why do people drink a lot, or they find all these external things to kind of brings some kind of pleasure to their life, because they're lacking in that. And it gets more and more profound as they get older. And the second part is searching for themselves and jumping on different type of movements are adopting certain ideologies. And this can be



health, relationships, political, whatever, it's pretty much all the same at once you remove the surface level, it's they're searching for themselves, they're lost. And they never took the time to really know themselves. And they let a part of them go away, because they were, quote, unquote, maturing.



Scot McKay 27:00

Yeah, it's like when people retire. Perhaps the truth is, they invested so much of their own selfhood in their job that when that job goes away, so it is a significant part of their identity. It's kind of a sad thought. But I know a lot of people can relate to it. I mean, consider NFL players and pro wrestlers retiring, and how their perception may be that the highlight of their life is in the past. I mean, they can't top that they've Pete, you know what I mean? But I think it happens to most anybody, especially as they get close to retirement age and feel maybe like everyone they're working with is 20 years younger than they are, am I over the hill? Am I washed up? I mean, in a world where everybody's growing older, and lifespans are expanding, it's really a shame that someone feels washed up at 35 or 40. But I see what you're saying. So what's the remedy? What can we start doing today? As men, whether we're 2131 or 81, right, Julian? What can we do practically to start embracing being more mature and wiser and soaking up what life has to offer? Without having to grow old and become the cranky Get off my lawn? Guy? What can we do?



Julian Hayes II 28:08

Yeah, so the first thing is, as we mentioned earlier, I would set a vision for yourself a really, really detailed vision, not just for your relationships, not just for your business, not just for how much money you want, but for your health, and how you're moving, how you're feeling, I will start there. But then I will also I will set a anti vision. And so this is what I would call the the enemy, the person you despise of the most. And I set an anti vision. And I have people do this, because some days, we might not feel like doing things, some days, we might not feel as motivated, we might not feel as inspired. And just reading on this anti vision person, it gives me a pickup. And it's done that for quite a few people that I've talked to is have this anti vision, this person that you despise the most, and to keep that person in the back of your mind. And this is crafting the identity. And moving beyond that I would also try new things. Try new things, to stay curious to keep your mind young, to keep yourself sharp. And it doesn't have to be anything that grandiose, it's just something you can start with just something small, and doing something tough. That's different for you, and gives you that unfamiliar feeling. And it brings you back to being a child again. So like when you were always discovering new things, I remember just playing with sticks. And I was I was running the other day and I saw kids just playing with sticks. And I was like it's so fascinating to see kids pretending to cook with just sticks. And then as we get older, they rob us is that imagination, and just that ability to wander and daydream. And probably the third thing is just perception. When you're thinking about things and you're just asking yourself, Why? Why do I think this? Is this true? Who told me this is true? And do I want to accept this truth or do I want to investigate this a little further? So those would probably do three things. Outside of, you know, the basics of like exercising nutrition and sleep, I would start there with the mental and getting the identity work established?





Scot McKay 30:11

Well, I'll tell you, I think that's wonderful. All of those steps kind of guard you against that dreaded state of being, quote, unquote, set in your ways. If you do find yourself single at 35, 45, or 55, maybe after a hard divorce. That's one of the issues that people cite when they're talking about how difficult it is to date. At that age. I'm still doing those things that I fell into the habit of doing when I was married, even though my life has been disrupted, or I'm trying to date someone whose life will not be disrupted from their own ways that they're set in. And with regard to being curious and forcing oneself to try new things, they don't have to be these big grandiose things like you said, you know, I'm kind of indicting myself here, because my son just got into paintball. And personally, I was like, oh, hell, no, I don't want to go get shot at. But you know, maybe I should just go rent a paintball gun and go out there with him one day and try it. I mean, what's the worst thing that could happen? Right? Maybe I should do that. Yeah. Otherwise, I'm just Well, I'm not eating my own dog food here. Exactly. Yeah, exactly. I mean, I need to go out and practice what we're talking about here, practice what I'm preaching, I've been inspired. Yeah.



Julian Hayes II 31:22

And I can I can attest to this, because I'm considered a late bloomer, in like the dating world. Because I, I was so focused on being a student at one point, and then I took years off just to caretake. So I didn't have space for that. And so I'm definitely not a veteran dating. And so it's new and exciting for me. And also with hobbies, and learning things like you mentioned, there's language language learning. So I'm starting to learn a language and salsa dancing. I've always wanted to learn how to Salsa dance. So I'm learning salsa dancing, and various other Latin dances. And it's just exciting to bring some novelty into your life. Because a lot of times, as we get older, we get more and more regimented. And we lose that novelty factor in life, that lust for life. And I think that's a way that we let our soul let our spirit die and, or our life force. And if we don't have that glowing and beaconing, I have no evidence to prove this, but I think that's just a sign that your body's like, Okay, well, if I don't have a use, then I'm gonna go ahead and just shut this down.



Scot McKay 32:16

How sad, right?



32:17

I know. Yeah, I



Scot McKay 32:18

would add to what you're saying, Man, that there was nothing like having a newborn baby in the house at age 45. To keep me feeling young. I mean, that's the scariest thing in the world. You're almost like grandfather age, and you have a newborn baby in the house, you know, your own kid. But it's been wonderful. You know, my youngest is 10 years old now. And she's just an angel. And she and my 14 year old son, John make our lives so much more interesting and fun.

And we're forced out of our comfort zone, so often traveling and doing and being, and it's actually a gift. And anything that keeps you from getting old man is not the enemy. That's your best friend. I only think I would kind of add as a cherry on top of this conversation is you do sometimes have to exercise discipline, instead of mere motivation. As our friend Jocko Willink would say, right, you have to decide you're going to go on this hike when sitting around and resting and being lazy. And getting old, frankly, would be easier. You have to decide, You know what I'm going to do, I'm going to quit alcohol for 30 days just to see how I feel. And that starts tonight. I'm not going to drink any beer tonight. I'm not going to have that shot of Maker's Mark tonight. I'm going to change my habits, you have to decide these things. And then just realize sooner than later. Wow, that really felt great. I did the Keto program dropped some lbs and I feel like I'm 20 years younger. So there's your secret right? Now I feel like I'm 20 years younger. And that makes it easier to act like I'm 20 years younger, while still having the wisdom of a guy my own age. So yeah, man, for sure. This has been a fantastic conversation. And I think it's an essential one. And what I want to do, Julian Hayes right now is point guys to your book, which is called body architect. Guys, I put that at the top of my Amazon influencer queue, which you can find at Mountain Top podcast.com front slash Amazon. And I'm also going to point you to a mountaintop podcast dot conference slash Julian J ULIAN. Where you can find out all about the art of fitness and life and give us the elevator pitch version of what they're going to find when they go to that website. Julian.

 Julian Hayes II 34:35

Yeah, you're going to I will before I even do that I was one more thing to add on top of what you were talking about is, is you mentioned feeling and that is really the secret is the feeling. So as you're setting your vision as you're setting the anti vision as you're thinking about these things in life that you want and really reconstructing your identity, think about the feeling so don't leave that kind of things out of how you're feeling. And think of that Ideal feelings that you want to feel what type of feelings do you desire the most? And put those in there and didn't do those type things every day. So for me, I want the feeling of growth every day. So I make sure I do things every single day. So therefore, I can go to bed every night feeling like a winner. And the website, the art fitness life.com Yes. So there, you'll see my pod, you'll see links to my podcasts. And you'll see, you'll see hundreds of blogs, and you also see hundreds of different episodes that will help you emotionally, physically, mentally and emotionally upgrade your energy and entire human system.

 Scot McKay 35:31

Well, you're clearly passionate about all this stuff, Julian, and it shows. And after all that time spent on it, you obviously also know what you're doing. So guys, definitely visit the website, which is mountain top podcast.com. Front slash Julian, and pick up your copy of body architect at Mountain Top podcast.com front slash Amazon. Julian Hayes from the art of fitness in life. Thank you so much for dropping by today, man. It's been a great conversation, and one like we've never had around here before. Thanks.

 Julian Hayes II 36:02

Thank you much Scott. I enjoyed it. And I don't ever get to typically have this type of conversation. So I really appreciate it.



Scot McKay 36:07

Yeah, man, come back and visit us. We'll talk about a completely different topic. And guys, if you haven't visited [mountaintoppodcast.com](http://mountaintoppodcast.com) just yet, or if you haven't lately, go there and click on the masterclass link to see what the current month's topic is and how you can get in on it. Also, be sure to sign up for my newsletter. It's daily, it's fluff free, and it doesn't cost you a dime to sign up. And gentlemen, if you haven't talked to me free for 25 minutes yet you need to do that. Get on my calendar. If it goes a bit longer than 25 minutes, no problem. We'll talk about where you are right now. What you want to get done in your life, how to get a little wiser and a little better with women without by God growing old doing so right. And a whole lot of other things could be potential topics of discussion when we're talking about your life, your future, your sense of adventure and the kind of women you want to share it all with. Sign up for free at [mountaintoppodcast.com](http://mountaintoppodcast.com). And while you're there, check out our returning sponsor key port. These guys have the coolest everyday carry devices you've ever encountered. This is not your father's swiss army knife, gentlemen. Okay, check it out. Go to [mountaintoppodcast.com/conference/keyport](http://mountaintoppodcast.com/conference/keyport) and get you some. Also the guys that origin main are the ones who make those factory jeans, which will be the best you've ever worn in your entire life. And if you're working out actively and have not tried their vanilla protein powder do so it's also excellent. Finally, last but not least, [Hiro soap.com](http://hirosoap.com) will clean you up the best. And you know what I like to call it I like to call it new car smell for dudes man. The sense they have in their soap are just fantastic, very manly. And plus they also have the slickest Bath Body Wash gel you've ever tried in your entire life. Listen, I gotta tell you like I do often. This stuff is perfect. When you're taking a shower with a female human being you just have to trust me on that all of those find sponsors can be easily visited from [mountaintoppodcast.com](http://mountaintoppodcast.com) And you can use the coupon code `mountain10` with each of the three for an additional 10% off and until I talk to you again real soon this is Scott McKay from x&y communications in San Antonio Texas. Be good out there



Edroy Odem 38:33

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