Episode 54 Transcript

# Health is Wealth – Your Greatest Asset with Batista Gremaud

**SUMMARY KEYWORDS**

women, fitness, body, misconception, weight, meditation, strength, life, muscle mass, injuries, strength training, muscles, lose, posture, lifting, aerobic activity, dumbbell, workout, affects, people.

**SPEAKERS**

Janelle Anderson, Batista Gremaud

**Janelle Anderson**

Hello ladies, you are listening to Women Emerging Fearlessly. Did you know that four out of five women struggle with confidence and knowing who they are? This show is dedicated to helping women lead their lives with fearless confidence and to know how amazing they truly are. In this show, you will hear from women who are emerging fearlessly who have overcome many obstacles to pursue their dreams and passions. And they will inspire you and encourage you to stand up, step out and speak up. Be your authentic self and bring your true gifts to the world. My name is Janelle Anderson, and I am your host. If you enjoy this podcast, please leave a great review, and subscribe and share it with your friends. Enjoy the show!

Hey, welcome everybody to Women Emerging Fearlessly. I hope you're doing well. today. We are talking today to Battista Gremaud, and she is an international body designer. I love that, the body designer. Number one bestselling author of Feminine Body Design: Empowering Fitness for a Pain Free Life. Wow. And she's also the Co-creator of the Feminine Body Design Online Strength Training Mentoring System, and co-host of the Esoteric Principles of Bodybuilding and producer of the Dr. Fitness USA's show. She's a recipient of the Most Outstanding Fitness Program of 2019 by the Winner's Circle, Mastermind at Sea. She's a contributing writer for the "In the Limelight" publication, featured as an expert authority speaker on the International Pain Foundation, a presenter on various health summits such as Life Mastery, Girl, You Are Enough, Weight Loss Summit and the Suicide Prevention Show. So welcome to the show Battista. It's so great to have you on.

**Batista Gremaud**

Thank you. I'm so excited to be here. Thank you for having me.

**Janelle Anderson**

Yeah, I love fitness. I love being in shape. And I'm always telling my younger sisters, you got to, you got to do this, especially as you get older. It's so, so important. And just strength training how important that is. So, I'm really excited to hear about all that you're doing to help women with that. So, tell us how did you get started in this field of health and wellness?

**Batista Gremaud**

Oh, well, so that's a great question. I was always interested in the body. I was actually a former professional ballet dancer. And then I had some injuries in my early 20s. I had some car accidents; I broke my foot. And so, I recycled myself basically in flamenco dancing. So that's what I did my whole life, I was a professional flamenco dancer. And throughout all the injuries that I've had, over the years, and with the accidents and then dancing over all my injuries, I ended up with a lot of chronic pain, like a lot of chronic pain and my whole life, I tried basically everything in my power to heal from my injuries, but nothing was working. And, you know, as we get older things get worse, the body doesn't recover as quickly. And even though I managed to have a very fulfilling career as a dancer. By the time I reached my mid-40s, I was pretty much done in so much pain. And I believe that I don't believe in being a victim actually, personally, I my other passion, a spirituality and, and meditation and you know, things of that nature. And one day I had a moment of clarity. I was in a meditation class. And the topic was on body- mind-spirit integration. And it's like I woke up and I said, body-mind-spirit integration. That's great, but where is my body? Because my whole life I actually worked with a body I was very healthy. I was in shape. I was active, I was eating well, but my body was falling apart regardless. And then I looked around the room, and I saw my beautiful friends. Very, very beautiful from the inside out, but also suffering from a lot of pain and whether it's just you know, being overweight, being underweight, having been, having injuries, whatever, I saw that there was something that was definitely missing in that bod, mind, and spirit integration thing and so I decided to find that piece. And so, I put into action, a whole meditation, I invited all my friends and everything that I had ever learned in 35 years in the field of positive thinking, and you know that that whole spiritual field I put into action. We made mockup board, we prayed, we like (unintelligible), you name it, we did it. And the goal was to discover the piece missing from the body-mind-spirit integration. And the very next day, the very next day, I met Dr. Fitness USA. Oh, yeah. Oh, I was actually, at that point, everything was dance related in my life. And I was actually at a restaurant where I was waiting to speak to the owner about a show that I was putting, that I was going to put in the restaurant, a flamenco show. And there comes this gentleman, and you just kind of buff you know, he's good-looking. And I was single, and we made eye contact. So, he walked by my table. And he looked at me and says, well, who are you? And I said, Well, I'm Batista, and who are you? And he said, I am an international body designer. My jaw dropped to the, to the table. And I said, that's what I need. Because for me, it was a sign, you know, we just came from that whole meditation and, and everything. And so, to make a long story short, I, an hour later, I was in his office. And he told me just his story or what he does, which I'm going to share with you today. And it was very different from anything that I had ever heard. In the fitness world, or even in working out or being a woman for that matter. He was telling me, oh as a woman you have to work out from a female perspective. You never have to do anything that's uncomfortable, you have to stop giving and learn to receive and, you know, I was spinning, and I and I said well, this is odd, because he was also talking about strength training, lifting weight and maybe lifting heavy weight. And me I was injured. I didn't equate lifting weight with never doing anything that's uncomfortable. Like doesn't make sense. It didn't fit in the same sentence. But you know what I mean. Yeah, that's very bizarre.

**Janelle Anderson**

That sounds like what? Nope, nope, do not do anything uncomfortable. But lifting weight, like, how does that fit together?

**Batista Gremaud**

yeah, it was like a thing like this. But you know what, I was desperate. And I and I prayed for this. And so, I hired him. And it was a leap of faith because it was a whole new world. I mean, even yeah, lifting weight. I had so many misconceptions, you know, as a dancer, oh my God, I'm gonna get bulky and I'm so hurt, I can't lift anything, whatever. But to make a long story short, he within a couple of weeks on the system, my backache was gone. Yeah. All my injuries healed. So, I married him.

**Janelle Anderson**

Yes, of course!

**Batista Gremaud**

Of course, and made a career transition. And here we are talking about fitness, health and wellness. And this is how I got into this field.

**Janelle Anderson**

Yes, that's amazing. Yeah, well, so tell us some of those myths you know that he taught you about, the myths in fitness and in you know, that women that were taught about weight loss and fitness? What are some of those?

**Batista Gremaud**

Yes, I had all of them. I suffered from all of them. So, the first one is a big one for women is about fearing to become bulky.

**Janelle Anderson**

Right? Yeah, that's a big one.

**Batista Gremaud**

Big one or looking like a man you know, if I do strength training, I'm going to look like a man I'm going to get bulky and it is actually not so at all. As women, we don't have enough testosterone to have those types of muscles to build those types of muscles, so it's not going to happen. And on the other hand, we do lose muscle mass as of age 30. And if you don't do something that is a strength building muscle building, then you're gonna progressively continuously lose muscle mass, which will result in a lot of complex complications in time. And when you think about it, we lose about 10% muscle mass as we reach 30. If we don't do a strength training program or a strength building activity, so 10%, 30 to 40 - 10%, 40 to 50 - 20%, 40 to 50 - 30%. That's a lot of muscle loss.

**Janelle Anderson**

Yeah, that is.

**Batista Gremaud**

Yeah. And people don't realize the role of a healthy musculature on the body. The muscles actually are what holds you up. It's how you move, but it also affects the internal organs. So now the person gets to be 40 - 50. And they go, Oh, I'm sluggish. I'm gaining weight. I have pain, I have osteoporosis. You know what I mean? So, muscle building is very, very, it's critical, especially for women and you won't get bulky. at, at the very best, you get sculpted, you know, I mean, you know, you can't sculpt fat, right? You got to sculpt the muscles. So then.

**Janelle Anderson**

That's so true. We want to get rid of the fat and sculpt the muscle.

**Batista Gremaud**

Yeah, and on the topic of getting rid of the fat, that's another misconception. It's about what to do to lose weight. Because we see women on the treadmill or running and sweating and doing this whole aerobic activity. And you know, that's okay, because you do lose some calories when you do that. But that's it, you lose the calories while you do the aerobic activity. But that's it. When you do strength training, not only you lose the capital, burn the calories while you're doing the activity when you while you're working out, but then you continue to lose calories for three days afterwards. So, for that one workout, you know, you get more bang for your buck, right? You just continuously, continuously burn calories. So actually, strength training, build, boost your metabolism, so you will lose weight easier. And people often say, Oh, I have to lose some weight before I start a strength training program. But it's the other way around. You have to do the strength training program to lose weight easier. So, lots of misconceptions in there.

**Janelle Anderson**

Yes, definitely. And of course, we love sculpting our muscles, because it looks so nice. Yeah. And then it also helps with bone strength. If resistance training, right, strength training also helps your bones which is we're older, you know, yeah, that's important.

**Batista Gremaud**

Yeah, that misconception is that once you have osteoporosis, it's irreversible. But it's not true. Because bone is actually alive. It's an alive substance. Right? And when you put stress on it through strength training, then you force the bone to react and to rebuild. And so yeah, you can definitely, I don't know the percentage of how much. A student of ours, who's a doctor once told us that you could rebuild 17% per year. I don't. I don't, that's just him saying that. I don't know exactly how much you can rebuild. But yes, a student of ours, who is a doctor once mentioned that you could reverse osteoporosis with a good strength training program by 17% per year. So that's what I heard. I don't exactly know the percentage, whatever. That's what he said. And he's the expert in that field. So yes, strength training is actually the number one activity to rebuild bone mass.

**Janelle Anderson**

Yeah, yep. That's what I had heard, too. So, what about you know, I hear this a lot. Women, I heard this recently, you know, because women tend to, when they start doing strength training, you know, you do the lighter weights, but they tend to stay there because they're afraid they're going to build muscle mass. What, you know, once you're going like, what is your recommendation for a weight for women to be able to lift?

**Batista Gremaud**

Yeah, I love this question. It's, it's another misconception do lightweight and high reps. And actually, this is just completely not true. If you can, if you stay at the low weight. It's more like an aerobic activity again. I mean, it's, it's better to do something than do nothing. But to build muscle mass. There's, we have different muscle fibers. I don't want to get too technical, but different activities activate the different muscle fibers. So aerobic activities, such as low weight running and things like that, that we take care of this but then to build muscle mass You have to activate the fast twitch muscle fibers. And that requires weight. Now, I don't like to put numbers on a podcast, or you should reach so much. Because first of all, you have to have proper form, proper technique, and you have to know what you're doing. And if I tell you all you have to lift the 25-pound dumbbell doing this exercise, and then you go do it and you get hurt because you didn't do it right. It would be completely counterproductive. Right? So, I, so I don't like to, to give a number like that, I can tell you that I leg press 650 pounds.

**Janelle Anderson**

What? Wow! I was not expecting that I was not!

**Batista Gremaud**

Okay. I'm not saying that you have to. But I know the first that I've taught women, our system now for 11 years. And I can tell you that on our system, at least with the proper supervision, the proper form, and the proper sequencing of exercise, everything matter that we can take a woman of a certain age that's not even necessarily in great shape, and we can get her to easily leg press maybe 300 pounds on during the first 20 minutes of the session. Yeah. Women have no idea of the strength they are capable of. So, they stay in these five pounds, 10 pounds range. Which, you know what we call it occupational therapy.

**Janelle Anderson**

Wow. That is wild.

**Batista Gremaud**

Yeah. Yeah, I just press 135 on the on the special, on this special machine. I mean, I reached 40 pounds dumbbells easily for chest pressing. I mean, that's what I do. I've been doing this a while. And I can tell you that once you get in touch with that strength, it affects everything in your life. Okay, it affects the way you the world sees you, but also the way you see the world, the way you're able to create boundaries for yourself, the way you are able to delegate and know your limitations in them. It affects emotional stability, mood behavior, it affects everything. And it's very addictive.

**Janelle Anderson**

Well, the little workouts I do are very addictive. I am not pressing that kind of weight. But I remember going to the gym when I first hired my trainers that was in my mid, not it was my late 50s. And I decided I needed to start doing this. And I remember finding out one of the things that I got out of it was finding out how much I could do because he pushed me more than I would push myself and feeling what that feels like to really, like you said, find the strength that you actually have. It is pretty amazing. Like, I didn't know I could do that. And I got used to what it feels like to really be you know, push yourself beyond what you think you can do.

**Batista Gremaud**

That's an interesting. I like that you said that. Because oftentimes people go to personal trainer, and they do things, and the personal trainer will push them beyond their limits. We don't do that when we talk. When we say we increase your strength, the way we teach it, we do it in a way where it's very comfortable. So, we teach women never to do anything that's uncomfortable. So, don't push women to go beyond the limit of - it's not an outside force. Okay? In our system, when you're comfortable, you're ergonomically safe, your back is up the right angle, you have the perfect form, there is a sense of comfort and safety, that your body experience. So, it's not the feeling of pushing and doing more than you can. There is an extra oomph that you have to give it. But it's still safe. So, there's, I wanted to make that difference because when you go beyond what you can normally do by yourself in that way, then a lot of times that's how people get hurt. Right? And we don't believe in that. So, we first believe in finding your comfort, your safety zone. And once we know you have that you know you have that. Then you can give it that oomph and get there. And that's when it's like instant, quiet of the mind. It's like meditation. It's like, yeah, everything goes quiet. Yeah. And a lot of our students compare their program like an active meditation, because it's very, quietening. To the mind. Yeah.

**Janelle Anderson**

Yes, it does. Because I remember him telling me just look at this, as you're alone, this is your time with you and your body and really focus on what it feels like and what your body's doing. And that really helped me. Instead of just looking at it as I just have to endure this. It did, it take me, it took me to like a quiet place. And he did definitely work on form. So yeah, I wouldn't go and do this without somebody helping you with all that, because it's so important. Yeah. So, what tips do you have for us about managing stress? And I know you also were mentioning pain?

**Batista Gremaud**

I love this question. Also, because that's another thing that maybe we have a little bit of a different take on the topic. You know, with that we both men and women are men and women have male and female energies, right? So, the female energy is receiving being love. And the male energy is competing, doing rapid step force. So, what happens with women, as we get older, we produce more progesterone, okay, which is the counterpart of testosterone male hormone. So, what happens is, as we, as we age, we become more male, if you like. So now throughout our life, and most a lot of entrepreneur women, we work we have a lot of obligations, we do, we give, we want to save the world. Right? And so, what happens is we become, we're running, we're working from that male energy perspective, more and more. And then we're going to Oh, now I got to get in shape. And now we're gonna go, do more, achieve more, going to boot camps. Come on, which is all more male energy. The fitness industry is based kind of on male energy. It's a lot what it's about. Doing more than you can. Competing, insanity routines, HIIT intensity routine, whatever, CrossFit or whatever, yes, so as well, yeah. So as women, it's very important to become aware of that. And to allow ourselves a place to be really quiet and centered and get away with that, to reclaim our power, our center of our, of our being, and to start reconnecting, making that balance between male and female energy. So, when we teach a program to a woman, we basically we want, the purpose is for that. It's to reclaim that female energy. And what that does, when you do that, it's like it's immediate stress relief. Now, let me explain it maybe a little bit in a different way. The nervous system, which is responsible for the healing of the body, the nervous system is responsible for our emotions, the way we see feel, what we do, how we think how we move everything, it's also responsible for the healing of the body. So, the nervous system is like the electrical panel of your house. If it's outdated, and you plug in too many appliances, then it's going to blow a fuse. Right? And so is the body when you're too much in that male energy. Basically, stressed out work, pandemic, whatever, elections the whole thing, then it's like having an updated electrical panel. So, when you can increase a woman's strength by 20 to 50%, physically, but in a way where it's safe and grounding, then it's like rewiring your electrical panel. So, it's instant stress. relief. So, what we recommend for women is to really think about it and become very aware of your environment and what your choices are in terms of how you manage your day to day. And also, how do you manage your fitness? Are you adding stress to your life to your body to your joints? Or are you strengthening your body, your life, your emotions and everything? That's Yeah.

**Janelle Anderson**

Yeah, I think that's a really important distinction to make. Because I know lots of us are doing these workouts that are actually adding stress to our lives instead of seeing it, I love that point of view, you know, just adding strength and also going to that quiet, centered place in a workout. That's a really cool, new way to look at it for me, anyway. Yeah. So, I love this topic, this next question, because I talk about confidence all the time and productivity. So, talk to us a little bit about how our health and maybe even our fitness or our strength, affect our productivity, and our confidence, because I feel like even in productivity, the more productive we feel, the more confident we also feel.

**Batista Gremaud**

Yes. Great question. So, first of all, it's obvious, the obvious answer is when you feel better, you're more productive. So sure, right. That would be the first thing, the most logical thing, but there's more. Let's talk about posture.

**Janelle Anderson**

Okay.

**Batista Gremaud**

Let's talk about posture. Okay, posture at 75%, 85% of people suffer from bad posture. It's part of an epidemic of our culture with computers, phones, look at what happens.

**Janelle Anderson**

Leaning forward, looking down.

**Batista Gremaud**

Does that sound, does that look very productive and very confident?

**Janelle Anderson**

No, no, it looks.

**Batista Gremaud**

Okay. There you go. So, we work on posture on our programs, because the spine is the lifeline to your health. When you have better posture, you're going to see the world from a different place. And that will change everything. It will change your confidence. It will even change the tone of your voice. Because you will be able to have more oxygen in the lungs. So that's and posture affects mood behavior also, I love that cartoon of Charlie Brown, he was like this. Do you know that cartoon? Oh, yes. He said, yeah, if you want to be if you don't want, if you want to stop being depressed, then you have to look up because it's, you can't stay depressed when you're looking up and holding yourself up. So that's, you know, that's one way to get it. And also, kind of like what I said earlier, when you're stronger, physically, emotionally, mentally, it all works together. And you are able to, to make better decisions, you're more able to recognize if something is not that good for you, or, you know, making better decisions, being able to say no to things that might not be, that might not be so good for you. I know, maybe not every woman, but a lot of women sometimes have a hard time saying no.to loved ones. Right?

**Janelle Anderson**

Very, very true. Yes.

**Batista Gremaud**

You know, it's sometimes it's not at our best interest. But when you're stronger physically and emotionally. And you know, hey, this is not so good for me. No, I'm not doing it, you know. And so, when you're able to conduct your life like that, then trust me, your productivity will increase drastically and yeah, you'll be more inclined to do things that are good for you even eating healthier. Yeah, you know, like, people come to us to lose weight. We never focus on the weight loss. From the weight loss perspective. We always focus from the feel-good perspective. Because if you feel better, then it's addictive. You want to feel better. More.

**Janelle Anderson**

Yes, that is true. Yeah. Yeah. It's better to focus on what you want to add to your life in a positive way than to try to stop doing something negative, I think. At least that's the way it's been for me. I just I decided for me, it was like, let me focus on being healthy and strong and feeling good. And that caused me to start eating better and getting back into exercise and feeling stronger, you know getting stronger. Because I wasn't focused on losing weight or, or how I looked or the number on the scale. It was more about I want to be healthy and strong and feel good as I'm getting older, I want to keep that. I want to stay healthy, I want to have energy, a clear mind, you know, I want to be able to do things, I don't want to be dependent on drugs, you know, medicine or things like that, or, you know, limit my ability to move. And so, it was all about that for me. And it that was motivation more than if I was focused on, I want to lose weight or that kind of stuff. So, I love that perspective. Very helpful. So, I know you have a free offer you want to offer my audience, you want to talk about that? The Keys to Sustainable Fitness for the Working Woman.

**Batista Gremaud**

Yeah, Keys to Sustainable Fitness for the Working Woman, because this is a report that I wrote specifically, this is based on the things that I've learned over the last 15 years, or 11 years. And like I said, I had all the misconceptions. I'm totally guilty of all of that. And I and I learned a different way of taking care of my body. Like I said, I was a professional dancer, I had always taken care of my body, but not in the way that was sustainable and that we've seen through the ages basically. Okay. And so, the keys to sustainable women fitness are my findings of what I have found working with Dr. Fitness USA, and adopting his principles is his philosophy. And so, it's my gift to you. And also, it dispels the myths, some of the myths that we talked about in this interview with getting bulky and all these things. But it also talks about what fitness, different fitness activities do. Because a lot of people say, well, I do yoga, so I'm building muscles. What do you know that Yoga is not a muscle building activity? And so, there's a lot of misconception that keep women stuck in their parking spot, just because they don't have the information so that's, yeah, so that's the Keys to Sustainable Fitness for the Working Woman.

**Janelle Anderson**

And you know, I think that's really important to learn about what happens in your body when you're doing different exercises, or when you're eating certain kinds of food. So many people just get on a program or they get on a diet, and they're just doing what they're told, but they don't understand what's happening. And that's helped me a lot to learn, you know. So, it sounds really interesting to learn what does each of these activities, what is it actually doing for you instead of just doing something because people say you should do it.

**Batista Gremaud**

Yeah, just like what we talked about the people want to lose weight, so they go on the treadmill. Okay, good luck,

**Janelle Anderson**

Right. I did that for a long time. Nothing happened. I mean, I guess it builds your heart. But

**Batista Gremaud**

Yeah, I mean, this is not, you know, I'm not saying don't do it, but right. You know, people have no time. Okay, there's a time factor. Everybody's so busy. So, when you do something for yourself, for health, then have the education and the knowledge, so that when you spend that half an hour, that 45 minutes, that you make the most out of it.

**Janelle Anderson**

That's right. Yes. Yes. I love that. Yeah, make the most out of it. Don't waste that precious time you have. And you don't have to spend hours and hours and hours in the gym.

**Batista Gremaud**

No, we train about three times a week that's about it. And for, and the workouts when they're specific and you know what you're doing so they're very empowering and efficient, then you can do a good workout in 30 minutes, 45 minutes. That's it. So, it's not, you don't have to become a gym rat. You don't have to go every day. Of course, I love to go. So, you know right now all our gyms are closed except one. And it's an hour away. So, we don't get to go as often as I'd like to. But yeah. One to three times a week. Oh, and by the way, we have really good home-based programs too now.

**Janelle Anderson**

Oh, nice. Good, good. So, tell us a little bit about that.

**Batista Gremaud**

Yeah, yeah. Because of course, when all the gyms closed, we had to change. You know, I had a lot of things in our business. And so, we developed some really, really good home-based programs. And actually, I do have a masterclass that I want to offer to your listeners. And this is an introduction to working out from home without equipment.

**Janelle Anderson**

Oh, that's wonderful.

**Batista Gremaud**

Yeah, so that if you don't have a dumbbell or anything you can use things that you have in the house just to add a little bit of resistance. And so, I would like to invite your audience to come and attend one of our upcoming masterclasses.

**Janelle Anderson**

Yeah, and it's called A Stronger You. Is that correct?

**Batista Gremaud**

A Stronger You. Yes.

**Janelle Anderson**

So, I will put the links of your free offer, this report, Keys to Sustainable Fitness for the Working Woman and the "A Stronger You" masterclass in the show notes, and so women can access both of those. And thank you so much for coming on with me today, Batista, and just teaching us a little bit. It's been really interesting. And hopefully, listeners, you will take advantage of some of this and get this report. And go check out her masterclass and get yourself in shape.

**Batista Gremaud**

Yeah, it's, it's more than in shape, you know, it's just, reach to become a stronger, a better version of who you are. You know what I mean? Because that's what it boils down to, you know what I mean? I hate to say, Oh, I got to get in shape. But that's

**Janelle Anderson**

Yeah. Yes, that's a better way to put it. Be a stronger you.

**Batista Gremaud**

Be a stronger you know, and of course, I don't forget to connect with us on our social media, Dr. Fitness USA or my name and we have 400 videos on YouTube at .com/DrFitnessUSA. And of course, check out our website, www.drfitnessusa.com or www.drfitnessusainternational.com. And remember, if your mind can conceive it and your heart can believe it, then Dr. Fitness USA can help you to achieve it.

**Janelle Anderson**

That's wonderful. All right, ladies. So, there you have it. Thanks so much for listening today. And I will see you next time. So, until then, be confident, be real and be you.

I hope you enjoyed that episode and got a lot out of it that will help you on your journey to becoming fearlessly confident. If you would like to know how to work with me, to help you to become fearlessly competent. Just email me Janelle at emerging life coaching.com you can also go to my website. There's lots of great resources on there, including a free mini course called Be confident, be real, be you it's a three-video course with downloadable action guides that will definitely help you to get on this journey to becoming fearlessly confident. My website is emerginglifecoaching.com Thanks for listening and until next time, be fearless. Be confident and be you.