



JIM HARSHAW JR.

Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #147

Dr. Dan Reardon

CEO and co-founder of Fitness Genes Dr. Dan Reardon.

FitnessGenes is the first DNA-testing platform of its kind to eliminate guesswork from fitness and nutrition. With a simple DNA test their team of genetic scientists reveal specific traits including metabolic tendencies, dietary sensitivities, fat burning capacity, muscle type, recovery time and more so that you can optimize your diet and workouts for maximum results.

Dr. Reardon is a medical doctor and genetics expert who has been featured in The New York Times and Men's Fitness and on Fox News, ABC News, Inside Edition, The Today Show, and BBC News.

An emergency-room doctor for 10 years, he's also a certified personal trainer with more 15 years of experience. Dr. Reardon has written two books and was formerly the science editor of Muscle & Fitness and Flex magazines.

Today he's going to share with us how our genes impact our fitness and what you can do about it. He's also going to read the results of my own DNA sample to tell me how they impact my health.

Quotes

"It's predicted that by 2025, there's going to be about 2 ½ billion obese people in the world."

"It's all to do with the effects of cortisol that gives us an ability to predict the best time of the day to work out."

"The way humans live their lives is based on setting alarm clocks. We don't necessarily do what our bodies naturally want to do."

About Creating a Routine Based on Your Genes

"Fitness Genes is for people who do need that sort of order because they're so busy, they need to know they're doing the right type of workout. They need to know that they're working out at the right time of the day. They need to know they're drinking their coffee at the right time, that they're eating at the right time or having the right food at the right time. All of these decision-making processes, Fitness Genes takes it away because it just becomes what you have to do. Steve Jobs classically wore the same outfit every single day because he didn't want to have that process of making decisions on what to wear."

About Finding Out What's Really Good For Your Body

"Typically, when people are engaged in fitness, they're never normally engaged in lots of things, just in very specific things. It might be you're very engaged in keto diet or crossfit or weight training. Their interest in that is generally not biologically driven. It's driven by popularity. The most interesting thing that they find with our tech is that they don't have to be driven by popularity. They're actually driven by biology."

About Focusing On Your Internal Belief

I'm kind of one of these people that always have this view that preventative health and preventative medicine is really the way forward. It's really the way that's going to have the biggest impact on the state of the health of the nation. It's from that sort of internal belief that anything I was ever going to do in my life was always going to lead to a point in time when I would be doing something significant, trying to tackle the problems society has with regards to increasing rates of obesity, lifestyle-related conditions, high blood pressure, diabetes, these sorts of things. That's how I stayed on that path and it brought me to where I am today.

Screen Cast

https://www.youtube.com/watch?v=S_elLJvopm8

Episodes Referred

Dr. Sharad Paul: <http://jimharshawjr.com/121/>

Drew Manning: <http://jimharshawjr.com/53/>

Website and Social

Website: <https://fitnessgenes.com/>

Twitter: <https://twitter.com/drardanreardon>

<https://twitter.com/fitnessgenes>

Instagram: <https://www.instagram.com/drDanReardon/>

<https://www.instagram.com/fitnessgenes/>

YouTube: <https://www.youtube.com/channel/UCIkpfNcKUtKi3ernP24ZZ1w>