TRANSCRIPT: (All speaker/s to be clearly identified)

TIME CODE REF	TRANSCRIPT
10:00:00	Slate: **WHERE DOES YOUR PASSION FOR EXERCISE, HEALTHY-LIVING AND YOUR DESIRE TO SUPPORT AND HELP OTHERS COME FROM?**
10:00:06	Joe Wicks: I think my passion for health and fitness started at a pretty young age. I think, you know even from, sort of primary school I loved PE, I loved exercise, moving my body, and I really sort of registered it at that early age, the impact it had on my, on my mood and on my energy and how I felt. So, I think I knew what it meant for me when I, when I kind of grew up and I could start inspiring others. I thought, you know, what a better way to spend my, my life and my time than helping other people, you know, get strong and healthy and happy, so that really was the start of my kind of erm, journey as The Body Coach. Just to help people in the local park, the bootcamps, 1-1 personal training, to try and get them fitter and obviously fast forward to today and I've helped millions through my online content and my YouTube workouts and things.
10:00:46	Slate: **EXERCISE AND NUTRITION HAVE HUGE PHYSICAL BENEFITS, BUT DO YOU THINK THAT THEY ALSO SUPPORT GOOD MENTAL HEALTH?**
10:00:52	Joe Wicks: I think the link now between exercise and nutrition and sleep and mental health is like huge, you know, there's science, there's research, there's studies to show that you know, when you exercise, when you move your body, you really fundamentally change what's going on in your brain. Like, the chemicals that are released make you feel better, you know? It can relieve stress and it can improve anxiety and depression, so there's so many benefits, and I really try and drum that message home. That exercise and movement isn't just about losing weight and changing the way you look, I think it's really about how you feel. So I'm on a mission to kind of spread that message to get people thinking about movement to feel good for their mental health, I think it's so essential right now with what people have gone through.

10:01:29	Slate: **ARE THERE ANY FORMS OF PHYSICAL ACTIVITY OR EXERCISE THAT YOU FEEL ARE PARTICULARLY GOOD FOR YOUR MIND, MOOD AND MENTAL WELLBEING?**
10:01:35	Joe Wicks: Well what I've realised now more than ever is that exercise doesn't have to be, you know, burpees and high intensity HIIT training and really intense workouts, I think all movement is good for you so I've been recommending people you know, go walking, get fresh air, getting out in nature. It can really change the way you feel, so I think the important thing with exercise is doing something you love or that you get enjoyment from. Don't push yourself, erm, into the gym if you hate that environment and you don't feel comfortable and it's not where, where you wanna be. Like, you can work out at home, you can join a, you know, a yoga class, you can do online workouts. There's so many great trainers out there putting out good content that it's almost like erm, just try a few things, and eventually you're gonna land on one that really clicks with you that you enjoy, and consistency is the most important thing. Twenty minutes a day, thirty minutes a day, keep thinking about your mental health and how it's gonna make you feel, because I think exercise obviously can change the way you look, but the initial thing it does is it lifts your mood. It can clear like stress away, it can make you feel more confident, and ultimately I think when you're exercising, you're happier.
10:02:34	Slate: **CAN YOU THINK OF A TIME WHEN YOU'VE WITNESSED EXERCISE BENEFIT, OR EVEN TRANSFORM, SOMEONE SUFFERING FROM SOME FORM OF MENTAL STRUGGLE?**
10:02:40	Joe Wicks: So, I can't say that I've personally experienced, you know, anxiety or depression myself but I've, you know, spoken to hundreds and thousands of people that have, you know, are going through difficult things. Especially with their mental health and I, you know, I've seen so many transformations both physical, and emotional, and mentally, because once you let exercise into your life and you give it a chance and you start to put healthy food in your body, it really does transform the way you feel. So only last night a woman erm, sent me a lovely message saying that she was, she had, she had nerve damage in her, in her erm, I think it was her lower back or somewhere and she was gonna have a leg… The doctors said we're gonna amputate your leg, and she said there's no way that's happening. She went and lost 5 stone through exercise and she's completely transformed her life, like she, she could have been you know in a really difficult position, and she said I'm not gonna give up, I'm gonna come back fighting and now she's like healthy, happy, you know. I just thought that is a beautiful message. I actually shared it on my stories and

	everyone was so inspired by it that people, even when they're faced with such a difficult challenge, you can still, you know you can still bring your fitness back, you can still work at it, and, and get back in a healthy shape again.
10:03:40	Slate: **LOTS OF WHAT YOU DO IS OBVIOUSLY VERY PHYSICAL, BUT WHERE AND HOW DOES THE MIND PLAY A PART?**
01:03:46	Joe Wicks: The mind and the body are so interlinked, they can't really be separated. Like exercise makes us feel good and when we're eating good food, we feel great, when we're sleeping well. So it's really a case of living a certain lifestyle that's going to allow you to sleep well, to you know, wake up with the energy to exercise and cook food, so it's a really holistic approach. But I believe now more than ever, I'm talking about mental health and the impact exercise has on our mood and I'm hoping that message will hopefully inspire people to actually try it for other reasons, not just because you're gonna lose weight and get in shape for a summer holiday, like really thinking about you know, doing it to lift your mood and change the way you feel about yourself. Erm, so yeah, the mind is the most important part I think of the whole equation really. Once you get your mindset right, you can completely transform, but I think it's almost like the mind, the mind needs to be transformed then the body will follow.
10:04:33	Slate: **WHAT ADVICE WOULD YOU GIVE TO SOMEONE WHO IS STRUGGLING TO GET STARTED OR STAY MOTIVATED WITH EXERCISE?**
10:04:38	I think there's millions of people out there right now that are struggling with their mental health, with their, you know, emotions, how they've been feeling with lockdown, it's been difficult. Sometimes the motivation to exercise is just non-existent, it's really hard for people who are feeling in that state to get up and exercise, it's like the last thing they want to do. Erm, so I encourage people just to start small, start simple, you know just going for walks. Even if it's like a fifteen minute walk, get some fresh air. That can kind of change the way you feel and encourage you maybe, and I have got a bit more energy, I can do a bit more. So you don't need to go straight from zero to a HIIT session with me, like keep it simple, it can be low intensity, low impact. Erm, and always just remind yourself, when you do that bit of exercise, no matter how short of intense it is, you do feel better. It does lift your mood, even temporarily it's going to make you feel better.
10:05:24	Slate: **IF THE PEOPLE WATCHING THIS WERE TO GET UP AND DO ONE THING RIGHT NOW, TO BOOST THEIR MIND AND BODY, WHAT WOULD IT BE?**
10:05:29	Joe Wicks:

	The one simple thing that people can do if they are struggling with motivation or they're feeling low about their body or their mindset's a bit erm off and they're not feeling great and their mood's low, is to exercise, move your body. And that can be cycling, it could be going for a walk with the dogs, it could be getting in the garden, you know moving around, it's just something that creates movement and energy is going to really change the way you feel. Your brain's gonna be able to you know, calm down and release a little bit of stress and emotion, and that's such a powerful tool that people just don't sometimes tap into. You know, that it will be the last thing they do. But it's really the first thing you should do is get up, do some movement, move your body and see how you feel afterwards, and you always feel better. You never regret it.