**Motivational Mondays interview:**

**Nate Wilkins – *Airing* 01.18.2021**

**Music intro** [00:00:00-00:00:01]

**Max Irzhak** [00:00:02] Welcome to another episode of Motivational Mondays.

I’m your host Max Irzhak, and my guest today is Nate Wilkins, the founder of the Ageless Workout, and a man on a mission to change the conversation about aging.

Nate, thank you so much for joining us today, it’s wonderful to have you here!

**Nate Wilkins** [00:00:18] It’s wonderful to be here. Hey listen, it’s wonderful to be anywhere these days with all of the crazy stuff that we’ve got going on. Man, i’m excited to talk to you about all of the Ageless Workout stuff that we’re doing, but excited to just spend some time with you, period—to be able to share some thoughts with some young minds, and some older minds, about where we’re going and what we need to do to prepare for the future.

**Max Irzhak** [00:00:42] I’ve heard you mention a very interesting concept called “aging in reverse”, and I’d like to explore that for a bit.

We’ve all heard *stories* of people not taking their health seriously for most of their life, and then one day, they go to the doctor and are told that it’s no longer a choice and they have to *drastically* change their lifestyle simply to stay alive.

And that’s when we see those *amazing* transformations where people actually end up becoming the *best* versions of themselves.

So I wanted to ask, how do you help people transform their lives as part of your fitness program? And can you share a bit about this concept of “aging in reverse”?

**Nate Wilkins** [00:01:16] Well let me just say to you that i’m no exception to the rule. As a matter of fact, the reason why I became involved with health, wellness, and healing, had to do with health issues that I had. Busy working, going to meetings, eating late, hanging out with people in different places. And that took me into a situation with my heart. Had sense enough to go to the doctor. They kept me. Later on, I went to one appointment with a cardiologist and after that I changed my whole life. The way I walked, talked, sleep, eat. Got involved with fitness doing all of that kind of stuff.

I looked at my life, and i said “i don’t like what i'm doing, i don't like what i look like, i don't like how i feel” You know sleeping too much, eating too much, hanging around the wrong people. I had to make a change, and out of that change came this idea of the Ageless Workout.

It was a conversation between my partner and I as we started to look at ourselves, right? She had hip replacement surgery, did prehab/rehab, back out, wanted to have exercise, wanted to run, wanted to feel good—and so that is a part of what we call the ageless mindset. Dealing with your issues, doing what you need to do to get back to the place that you need to get back to.

Me? Challenge with PTSD, mental health fatigue, going through terminations, moving from place to place, displacing my family, displacing myself—all in the name of trying to be successful. Because I had nobody else to sort of point me in the direction of success. And so those two challenges with my partners hip replacement, me with mental stuff, we started to think about “well how can we help other people?” And so that’s how our mission of the ageless workout, and the ageless mindset, and the ageless tribe developed. We looked at all these things and said “we can’t be the only people that are going through these things, there’s got to be some other people who want to live at a different level, who want to take their lives back”... who just want to feel good about who they are and where they are. Not just look good in your clothes, you actually want to feel good. And so we can’t stop the time clock of aging, but we don’t have to get old.

**Max Irzhak** [00:03:50] You have a new book release coming up. Can you tell us about your new book series, and why people should buy it?

**Nate Wilkins** [00:03:58] Hey, so my new book, and i'm excited about it, it hasn’t hit the street yet… It's called ‘If You See a Turtle on a Stump, Somebody Put Him There’. And so the subtitle is ‘How to be an adaptive navigator’, and it alludes back to what i was saying before, that you have to be fleet of foot, you have to be able to recognize situations and go to work immediately on being a part of the new solution, right, writing a new story. Today, if you are not attuned to all of the changes that are taking place, and able to adapt within a matter of, you know, hours or days, you’re going to be left behind… it’s just that simple! And so that’s some of what the book talks about; but it also goes into what the challenges that we’re facing right now with mental health, and man if you look around there are any number of young people and older people who are looking at suicide and making a permanent decision for a temporary problem. They think where we are right now is where we’re going to be, and that’s not true. Many people, young and old, are sitting and waiting for the stimulus check, or waiting for things to change. This is a good time to change it yourself. You know, get productive, use your mind, get quiet—and create some things. So the book goes into all of these kinds of things. Picking the people you associate with, learning more, you know developing some new skills. Now what im talking about in terms of new skills, im talking about soft skills, people skills. Because the other skills are out there, but if you can’t communicate, if you can’t get along with people, if you don't have any empathy, you’re going to be left behind.

**Max Irzhak** [00:06:04] I love the passion. What’s the #1 thing you want our listeners to walk away with. What is some *actionable* advice?

**Nate Wilkins** [00:06:12] You know, i think that actionable advice today is to take a closer look at who you are. Get to know *you* better so that you are actually going after the things that are important to you, and not someone else.

It is a shame to get to a place in life, and start to ask the question about “what about me”. You know, if you’ve done everything for somebody else, live your life, got your degree, go to college, whatever it is that you decided to do and it’s not you, you are going to have some heartaches and pains about that… but if you have spent some time and doing a deeper dive inside yourself, going your own direction… Hey listen, if you want to dance, you should dance. If you want to sing, you should sing! As long as it’s not immoral, illegal, or unjust, and you’re not hurting anybody, and it gives you a certain sense of who you are, your presence—you’ve got to get out here and bring your stuff out. Deliver the goods. Write a new story. It is your time; step out and do it. How about that for advice?

**Max Irzhak** [00:07:23] How can people follow you and learn more about the Ageless Workout?

**Nate Wilkins** [00:07:28] So, im actually on Facebook—my personal is Nathaniel Oliver Wilkins. But there’s a Ageless Workout page. Instagram, there’s a Ageless Workout page. Right, I'm on LinkedIn Nathaniel Wilkins. And then of course my website is www.agelessworkout.com.

We encourage people to get that ageless mindset. You know what im talking about is that mindset is “whatever comes, whatever it is i can handle it today cause i've got it!”

And then think about joining the Ageless Workout tribe. Of all these people that we’re trying to link up with throughout the country, or really internationally, people who think and feel who want to live life at a different place, who when they get done, you know if it’s at a hundred years old, they want to be kicking and screaming and having some fun getting there!

**Max Irzhak** [00:08:26] Nate, thank you so much for sharing your story and for pushing people every single day to become better versions of themselves.

**Nate Wilkins** [00:08:33] Thank *you* so much. And listen, thank you for the opportunity. I'm looking forward to learning some more from you as we go forward.

**Max Irzhak** [00:08:41] Awesome. And thank you everyone for joining us today. Learn more about Nate and the Ageless Workout on Facebook, Instagram, and check out his new book series using the links in the description.

We’ll see you next week on Motivational Mondays!

**Music intro** [00:08:50-00:08:52]