

ACW Podcast  
Season II, Episode 2

**Robin:** Welcome to ACW podcast. Thank you for joining Season II of the Awareness \* Culture \* Wellness Podcast. I am so happy and so grateful that my listeners are here again listening with us in Season II. We have a lot for you this year. This is a new year, so our platform is all about that new you in a new year. I am Robin Gabriel-Parson your host, and our co-host today is Shana Domango Brown, fitness professional and entrepreneur, and I'm so glad she's with that she has such amazing information she is going to share with us. Now listeners, we are excited about our new season in this new year, and our focus this new year is personal growth, be it mentally, physically, professionally, spiritually and even emotionally. So we're stepping into a new year our platform is a "New You in the New Year."

Our discussion today is not necessarily about the new years, but it's creating that new you. I know many of you have made new years resolutions. I've done it myself and the most popular ones are losing weight, exercising, eating healthier, but how many of you actually stick to the resolution. We hope our discussion today, will encourage you to commit to some form of physical activity? Yes, we're going to talk about committing to exercise in 2021.

Now on our podcast today again, I have the amazing Shanda Domango Brown, or fitness, professional and entrepreneur here to talk about her program. I love this amazing woman's work ethics, and I'm just going to share little about her and then she's going to share more. An amazing mother, she's out there in the community helping people commit to physical activity. So at the end of our program, she's going to leave you with all her information, so you can connect with her. Today Shanda is here and she's going to share with us the "7-Benefits of Physical Activity".  
Welcome Shanda...

**Shanda:** Thank you so much for having me. I am super grateful for the opportunity to talk with you so much. Girl too much pressure, I'm just kidding, but no thank you again. So much for having even but yeah guys, my name is Shanda Domango Brown. I am the owner of the "Domango Training" and we're a fitness lifestyle and health company. My approach always to a better you... to personal growth, and to anything with physical fitness involved, is what I like to call a realistic and a lifestyle approach. It's making it so that it's longevity. I'm all about the goal for the wedding dress, and the goal for the trip, and the revenge body. I'm here for all of it, but I love to work with clients and encourage them to let's look at the long term goal, right. How do we work this into your everyday life so that this sticks with you and become a part of your personal culture and who you are as a human being?

So that kind of leads us into the first point, which is "Improving quality of life". I think we underestimate, that the physical aspect of our life, it's tied to every other aspects, of our life. It's tied to our emotional. It's tied to our spiritual whatever you know those beliefs are for you and it's tied to our mental. How we show up in each area of those lives impacts all the others, and so, when you're engaging in physical activity, whether it's exercise, and exercise doesn't mean the gym. Of

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course it can be the gym, but it could be a walk. It could be a workout in your living room. It could be a bike ride. It could be going skating at the park. It could be you know, I have twin boys now. So they're my new dumb bells, quality time with the kids and working out. Physical activity can look like so many things. It can be yoga. It can be barre.

There's a new wave right now with movement and meditation pairing the mental in the physical. Because when we feel good, we look good. When we look good, we play good, and so when we take care of the physical it makes us want, right? Now we want to be better mentally. Now, we're more in tune and aware of what's happening with us emotionally. Now, we feel like we're in a better space to show up and go forward spiritually for ourselves.

**Robin:** Thank you. So, the quality of life approach and when we say quality of life, people are like what do you mean by quality of life? We're not saying one person's quality is less than the other. We're just saying that if you incorporate physical activity, your life can be enhanced so much more. That's what we want people to understand, and you said it beautifully in reference to the importance of it. It triggers such important aspects of our life, and physical activity for me, I'm just going to throw mine in is it helps my endorphins, these happy endorphins to be triggered. It gives you a different outlook. So, when you exercise you have a totally different outlook on life. So that's kind of what we want people to understand in reference to quality of life. Thank you for that Shanda.

Now as we go through, we want our listeners to write this down, because this is important. We're going to give you seven physical activity benefits, so write them down and, as Shanda says, improves quality of life so Shanda as we go on, you know just kind of reiterate and will both hopefully get everyone to understand the importance of it and they can jot it down and look at it every day.

**Shanda:** Yes, I definitely believe whenever you're listening to something that is for personal growth, taking notes is like so key. There's something that happens in the brain when you, when you write it down where it sticks with you. You know so that first one as right was "Improving Quality of Life". Guys so remember it's all connected. The physical, the mental, the emotional right, the spiritual is all connected. So when you take that step to engage in physical activity, now you're taking the step to also enhance the other areas of your life, where you're probably already excelling. If you're not already excelling right in the physical area of life. So that's our first one. Then our second one is that "It Slows Down The Aging Process". So when I started training, I thought that this was so interesting and like brilliant and cool, but make sense all at the same time. So you know a lot of people. Some people may have sedentary jobs which mean just sitting down for most of the time in the day. You're, not really getting any type of physical activity right? So, when that happens your body's not gaining any strength. It's not moving. We're not putting it to work, to make it as useful for what we were created and designed to do. with that, we become real comfortable with

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not moving around, but with that comes aches... with that comes joint types... with that comes lower back pains... with that comes knee issues, because its not like Dorothy and the wizard, about right we're not putting oil we're, not Tin Man, we're not putting the oil in our joint. We're not keeping up. We not going in for the old change. So what happens is, you can be twenty five but if that's how you've been living your life, there's test now or you can actually figure out what the age of your body is. You may be 25 with a 55 years old body right. You may be 55 with a 25 years old body. If you're working out, you're eating healthy, you're staying active. You know your meditations on point right. It's crazy how you can be literally one age but mentally and physically an entirely different age. So it helps us slow that the aging process.

For example, I have a client of mind that she's, 70. She's amazing, but when we did her test, she has the body of like a 55 years old. She's beautiful because usually at 70 you're worried about falling right? You're worried about not being able to pick things up. Always needing help, and it's so rewarding to see her move so confidently in life, because she knows the proper form to pick up things. She goes on hikes. Hikes that I probably wouldn't even do. She's so active, and so it's helped her mentally to have this level of confidence and herself to where she doesn't feel like life is over. She doesn't feel like a senior citizen. She acknowledges that she's older, but she also is determined to not let that limit what she's able to do with her life.

**Robin:** Yes, yes, yes, I totally agree and just to throw out and I'm not really toot my horn, and I guess I can toot my horn. I've been working out since my 20's and I'm 58 right now. Trust me, I've seen it. I've seen it in myself, and I started at a very young age in reference to understanding the importance of being physically active. What I really would like to see Shanda. I would like to see more people within my age group really commit to physical activity. I don't know, maybe because they think that "Oh I'm too old", or maybe they can't find an activity that fits their personality. But I am definitely proof for myself that the exercising does slow the aging process down. I can't begin to share that with my peers and like come on, and I have a lot of peers in my same age range who are dealing with some serious issues because they don't move their body. So I guess, for me this year is to try to get more of my peers to get involved with a physical activity. So thank you for bringing that point up. It does slows the aging process down it's not about the creams and the rubbing. You know the anti aging is really about getting the body moving. So thank you for that. Thank you so much

**Shanda:** Oh yeah most. Definitely I mean that's why I started dance fitness right because it's a little bit more approachable than going to the gym or some type of really like high intensity work out or anything like that. So remember guys if you're taking notes: First benefit is "*Improves Quality of Life*" and second benefit is "*Slowing down the aging process*" and our third benefit that "*It builds muscle and strength*". So this ties right into the aging process right. So, especially if you're doing any type of resistance training that doesn't always have to be picking up dumbbells. There's too many things out there. You can work with

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bands. You can work with your own body weight. I just finished this series called: Body Weight Boot Camp, just to show people that your body is a weight legitimately. You can use that as a part of your physical activity, because what happens is when you build that muscular strength for it doesn't have to be older... I mean for me, like I'm 32 with a weak right ankle. So for me it's about feeling confident you're not going to fall. You know feeling like you have that balance and that stability that your body is strong enough to withstand fumbles right. You can pick up boxes for yourself. You can stack those. If you like me, I like one grocery trip. I don't want to keep going to the car. I like to put all the bags on my arm and make it to the door. Picking up if you live by yourself picking up that case of water, just to walk into the apartment. It's those little things.

The building of muscle and strength can help you, its not always about looking aesthetically. It's not always about six packs and pushups. There are times that muscular strength is just for day to day living and to help you really get through another form of independence and really be able to lift things... pickup things balance your body and it's always good to know your body to know how to shift your weight from side to side but not only that, but making sure that your body knows how to handle its own weight when you're, shifting or you're balancing, or anything like that. It's so important it goes hand in hand with that that aging process. The more the stronger you get the easier you become most light on your feet. The way get the easier it is to move around and it's crazy you'll feel that you'll just wake up my day and you'll feel that difference, something that was difficult, before becomes easy the next day and you're putting in that work to build that muscles, in strength and endurance.

**Robin:** You so correct, and thank you for that. I like the fact that you brought out the point that is really not all about aesthetics. It's really about just being strong and making sure your muscles developing as you evolve in life. That's very important, especially going back to the aging, as you mentioned, as you age it's important that you really build muscle and making sure those joints are strong because, as we get older, you know that's just how the body is. You know some of us may go through muscle breakdown, cartilage breakdown, so you really have to incorporate that physical activity in to make sure, as you evolve into 50, 60, 70 and I say on to 90. Because I know some people in their 80s and 90s that are amazing and it's because they incorporated physical activity in their life. What 20-30 years. So this is very important. So the audience you know please number three is very important, "*Building muscle and strength*". So thank you Shanda for that.

**Shanda:** yeah most definitely. I think, as soon as people hear muscles, they think. Oh, (*even when I have clients*) they're like "Oh, I don't want to be built. You know o want to be. I don't want to look too masculine or I don't want to look too feminine or anything like that. So it's about just making sure people understand that there's an overall strength that comes with all of that. That we just have to be cognizant of and that it's really about you and your journey. Everybody's journey is different when it comes to physical fitness. So remember guys so far, so good

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right, we've got: "Improves Quality of Life", "Slows down the aging process", and now we got our "Building muscular strength". Now this next one is actually one of my favorites, and that is "It improves you Psychologically" as well. When you're training, no matter what that looks like for you, there's a phrase that we use called "Mind Muscle Connection." What happens is you tell the client, for example, if you're doing a squat right... sometimes clients will go I when they come to you they say I want to look like this, or they have a picture of what they want their bodies to look like. I usually say "Think about that before you get to the exercise. Picture it in your mind. So when you go to it is an actual thing that happens when you go to execute the exercise. Now you're sending more energy towards that part of your body. Your brain is making more of a connection to that muscle group to execute it properly. so now you're getting actually more out of your workout. I mean it doesn't have to be what you look like. It could also be if you're a person you think about that muscle right, you think about your quads. You think about your glutes. You think about your hamstrings. While you're executing you put your focus there and then you'll feel yourself executing that exercise even more properly you'll feel more of a burn there. Its almost like you know something happens to you.

Let's say you stump your toe and then you try to think about something else, to take your focus. But if you put all your focus on that toe you like, Jesus why does it hurt so much? There's something that is a little similar but what I like to do is actually take it a step further to show that if we can do that in exercise, and we can really master that in exercise then think about what we can do when we take other goals in our lives not just maybe weight loss goals but other goals in our life. Like if you have a goal of let's say I have want that promotion or I want a certain kind of house or this is what I want my life to look like three years down the line. Now you're into a whole another space of visualization and manifestation for yourself, and what that looks like in your life. So just think if you can master that in your physical activity, what it could do for you and other areas of your life when it comes to their psychological benefit. I think people is a underestimated benefit when you look at the psychological aspect of it like that.

**Robin:** Correct, and I love that it's kind of like that mind over matter thing, but that is so true that is so true visualizing "What it is that you want for yourself", and you know when it comes to improving your so psychological health. You know people could think so much. Clearly, I find when I exercise my mind, is so much more clearer. I can make decisions, I can, you know really just relax. I get rid of all that mind chatter. When I'm exercising so overall is such an amazing thing for the body. So thank you for that, and I hope our listeners understand you know starts with the mind, even though we want people to get physically active, but you first got to get that mind together. So thank you for that.

**Shanda:** Oh yeah, most. Definitely I always tell people the hardest part is thinking about doing it. Once you there you there, but the hardest part is coming into agreement with yourself that you can and you will do it. The mental is always

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the hardest part. So once you got that under raps, you know you're pretty good to go. So guys, we're moving in grooving so we got our first benefit of "Improves your overall quality of life", and then "Slows down our aging process", "Builds muscular strength", and then "Improve Psychological health". Easy peasy, lemon squeezy" like I like to say. The next one, is that it helps us control our weight and so I like to keep it real, ABC right, and so it's exactly what it says it does into that benefit.

We know that when we exercise we burn calories. That's just what it is. When we exercise we burn calories, and so when that's happening, the body's burning fat. You're losing. We're burning fat. Even if you're doing resistance, you're, losing inches. You're building muscle and what I like to say "and all that jazz". Now what happens is we've got options? Actually, when you're doing physical activity, everyone's not always trying to lose weight. Some people are actually trying to gain weight, which is actually a little harder. You know that's a whole different type of task. Some people like where they are, and they want to maintain what that is, and so it's important to know that physical activity doesn't always just mean losing weight.

You could like where you are. It's to maintain that weight. Its to maintain your overall health. Getting that oil change for your body and then you could also be gaining weight. Some. There are people who are actually too small for their frame and it's not them. They may not even have a disorder anything like that. Sometimes it's just genetics, but in order for their body to be healthy, they should weigh a certain weight. Again it's about them healthily, putting on weight. That doesn't give them a clearance to go eat all the fast food they want. That means now they lift weights, they have to eat more of the healthy stuff. You know, and so it helps us do just that when it comes to controlling our weight.

**Robin:** Yes. Thank you for that, and that's very important and controlling your weight. As you mentioned, physical activity burns calories. You can walk up and downstairs. and you're burning calories. When you're in the store and something else I like to bring people to people attention. You've probably heard this too Shanda? When you go to the grocery store park a distance away. So you can walk. You know so and know that if that little walking you may be burning, maybe a quarter of calories, but you you're actually allowing your metabolism to you know move forward. So physical activity is perfect, perfect for controlling weight. So thank you for that.

**Shanda:** Oh yeah, most definitely yeah. The parking far is always a good one and taking the stairs over the elevator. Those are all like just classic little things you can do to start helping your body to burn those extra calories through the day. So remember if you're taking notes we're moving and grooving, we've got: Improves quality of life... as one of our benefits. Slows down the aging process... Builds muscle and strength... Improves psychological health... and Controls weight. So we got two more to go. I hope you are taking good notes. Alright, so our next one is Combats cardiovascular disease.

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Now for me, this one is personal. I grew up with asthma, it's not a cardio vascular disease, but actually, once I started being more involved in cardio activity as a child, it helped me go out of my asthma. I mean I was highly prone to an asthma attacks, and things like that. My body just wasn't conditioned. I couldn't handle high intensity. I mean I tried. I was dancer, cheerleader trying to do the most and I would always be limited because a lot of times it would bring on an asthma attack for myself. So it wasn't until I was about maybe thirteen or fourteen, when I really started being involved in sports that included of a workout regiment in their practice and not just going to practice was when I was able to actually start conditioning my body and taking care of it to grow out of asthma.

But this is also personal for me, because my mom had congestive heart failure, and so we always tried to get her a walk. Always tried to get her to exercise and a lot of times that was hard, but that was a moment. There was a moment in her life right before she passed that I'm always proud of, because we got her to exercise two to three times a week. Just for like twenty minutes and it could be a walk in a mall. She liked shopping, and that was my go to. We'd go walking in the mall, whether that was just kind of walking we. I lived in Los Angeles at the time, so she love just walking around and seeing the city and that helped me convince her to eat healthier. So she would have her smoothies in the morning. You know I had to make them just a little sweet, you know from the NOLA. So she would have her smoothies in the morning. I would add a little brown sugar in there for her and she lost twenty pounds. Her blood pressure was regulated. My mom used to always get winded. I mean it was a very common until I remember we went to Disneyland and I was so worried that she wouldn't enjoy herself, because this she would get tired, and I mean she walked that whole park with no problem- and I remember afterwards she stopped and she was like. I didn't get winded and I was like nah girl, you been exercising. So it's like those little things I think we underestimate how it affects and impact our heart. Our heart is tied to our endurance. That cardiovascular is directly tied to endurance, so it makes a difference when you're doing some. That's why they ask you to do some type of cardio activity. Listen, I hate running. I said everybody's not a runner, but I now...

**Robin:** now I'm a runner

**Shanda:** My husband's, a runner he's the only reason I run. Okay. I run because I know if a race come up, he's going to be looking at me and I'm going to have to oblige. So I stay ready so I don't have to get ready. I'm a Stair Master elliptical girl. I'll do that all day every day. I have a great friend of mine, she likes riding her bike. That's her cardio! I have another friend that's like my mom. She will walk that mall. If we want to spend time together, we know we've got to meet her at the mall and we go all walk around for a good hour. So it doesn't have to look like one thing again right, it's different, but it's about getting your heart pumping and getting your heart rate pass a certain heart rate. It's resting rate in order to push your body just a little bit. Don't go crazy just a little bit so that your body's always conditioned to be able to handle any type of activity. Outside of just exercising

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and you'll be surprised with what your body can get through man, its beautiful right.

**Robin:** So true, so true, yes, indeed. But thank you thank you for that. So listeners. We almost finish. We've got one more. So thank you.

**Shanda:** Oh No, you're, good, good, good, yeah! Exactly were almost their guys, so we're doing good. So remember, guys here's a quick recap of the benefits so far are:

1. Improves quality of life.
2. Slows down the aging process
3. Builds muscle and strength
4. Improves psychological health
5. Controls weight
6. Combats cardiovascular disease and last but definitely not least, is
7. Improves body chemistry

All right, so yeah, it's crazy. So I used to tell people when I got older and I really started focusing on becoming a trainer. I was always... I want to use the right word here, I don't want to say petty because that's not the right word, but I always felt some kind of way because I'd never looked like all the things that I did as a teenager. I did competitive cheerleading. I did gymnastics. I was in dance school. I was in two gymnastic schools, so you would think that I would be this super lean 5'2.5" machine and I was fluffier than a Pillsbury can of biscuits. So I always thought that wasn't fair, because how can I do so much and not look like what I was doing. As I got older, I learned about body chemistry and I think we, we have to acknowledge and understand that we have a genetic makeup. We have a natural body frame that we are born with and they're all beautiful. There is no one type of way of what looking fit is.

I have a dear friend of mine, who is one of the most muscular women you'll ever see in your life, and she does not work out. It's legit genetics like six pack... biceps. She legitimately wakes up like that, and she has never touched a dumbbell. She ran track in high school, that's it. Now we're in our 30's she does nothing and she still built like that. Her whole family's built like that it's genetics. So there's something that we have to I always say, "come to peace with, come to terms with, accept that that's the reality of life." But the beautiful part about exercise is that you can take your body to its full potential, to it's greater self. You don't have to say well, I'm built like this. I guess I'm just stuck? No... that doesn't mean anything. Now you get the opportunity to see what your body's full capacity and for capability is. When I started doing a lot of physical exercise I went through a period where I did body building and stuff like that. I got to see my body in it's peak, and I was very happy with what I got. It's encouraging once you get to that space because then you know what your body responds to. Some people's body responds to weight lifting better than it does cardio. Some may



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respond better to running than being on an elliptical machine or bike riding over going for a walk. Everybody's body is different. The way it responds to and the way it burns fat is different. Your body chemistry, your body makeup is different and that's why it's great to try different things when it comes to physical activity. Just because I tried that and it did nothing for me, I saw no result. It's not that it may not work in general. It just may not be right for your body chemistry.

It's good to find what works for you and still continue to change it up, because we're human and we get bored, so change it up. Keep it interesting for your body. There's multiple things that work for your body it's not just one goal. It's important to understand that we were made up with this body chemistry, but that means we have this certain body type that we get to take to its peak, that we get to take to its height and what's really crazy with physical exercise is there's always the next level. Once you hit a goal you're like yes, I did it. I look amazing and then you're like, I got some more in me. You can always take your body to the next level or you can maintain. It's whatever that looks like for you. I always... I preach that so much to my clients, because they help us. We've got to become at more peace when we're looking at physical activity as a lifestyle.

**Robin:** Right... correct, and let me add to that too Shanda. In reference to body chemistry, what you just said, "the importance of how everybody's body is different." Also we want our listeners to understand when it comes to body chemistry, I don't know how many people actually each year go to the doctor, get your checkup, you check your blood pressure, your sugar levels, your cholesterol, all that plays a major role in reference to the fluids in your body. It really does, so that's another improvement that physical activity does for your body is maintaining them numbers. What's your numbers with your blood pressure? What's your cholesterol? All of that is part of that whole body chemistry. I totally appreciate everything that you have shared with us today.

So let's go recap. Let' us go through it again, just you know, give everybody a reminder of each benefit. If you want to go and kind of research it and Google what we're saying please do so. We just want to give you just the beginning of a guide.

**Shanda:** So those seven benefits, we've got:

1. Improves quality of life.
2. Slows down the aging process
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5. Controls weight
6. Combats cardiovascular disease and last but definitely not least, is
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**Shanda:** There's even more benefits, like listed but not limited to. There's way more benefits for sure.

**Robin:** Thank you! So Much! Shanda, I've got to brag on you. You got to tell us more about you know what you're doing and again everybody this is a new year. Right now we all are feeling the effects of this pandemic. A lot of us are being isolated. Lot of us are having sedentary lifestyles right now, because you can't get out, but even if you're at home, you know you can do something. Get on the Internet. Google, your favorite fitness instructor, Shanda of course. Find something that you like doing, and that's what I really want everyone to understand. Yes, it is a new year, but how do you create that new you? You've got to start with the physical and that mental? So thank you again, Shanda. A please share with our listeners how they can get in touch with you? How they can follow you? If you have any programs, you want to share, what's the best way for them to connect with you?

**Shanda:** So you can always follow my company Domango, so Domango Training, that's what it is on everything:

Facebook - domango training  
Instagram - domango training  
and my website is [www.domangotraining.com](http://www.domangotraining.com)

We usually offer free classes in the community and then also because of the pandemic. I've been doing free classes on Instagram or Facebook, and then I just launched an online platform that's \$10 a month that has over 60 workout videos and there's options. I've got Senior fitness. I have ab workouts, cardio kickboxing, stretching, hiphop cardio, barre any type of workout you can imagine. I have a resistance training workouts with dumbbells and bands, so any type of work out you think you might want to do. I have it on the platform and just a way to get people still moving and grooving, especially during this time if they're not comfortable, or the gyms just aren't open.

**Robin:** Right. Correct let me say "Audience, I going to let you know I've experienced her program. I love it! I love to dance! You know we from New Orleans and we like to get down and let me tell you DoMango training. If you want some really funny hip hop and just feel like you at the club kind of work out? Please join us. I love it! I want to say thank you because honestly, I've been away and I just moved back to the city of New Orleans. I was looking. I said I've got to find me a fitness program that I enjoy. I love the dance. I love good music and someone pointed me to our local recreation department. They said go over here there's a class. There's young lady whose really got it going on, and I did. I remember when I went, you were pregnant at the time. and I was like "I know she ain't moving like that?"

**Shanda:** Yes Lord...

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**Robin:** but you were moving, and I was so encouraged. and I thank you for that. I can't wait until we can get back to that. Right now, again we in that stage of things and gyms are still closed, but, as I said, you can get online. You can find her program online. It's a lot of fun. You have some amazing people that are working with you. Thank you for that.

**Shanda:** Oh Yeah. I know my pleasure again yeah. I also have a YouTube channel, so you can find me literally on every platform

**Robin:** Thank you again Shanda up for joining us. Listeners, I hope you took amazing notes again. This is our new season. We got so much we're going to share with you this New Year, but it's all about you... It's not about a new year, but it's about that new you. So again, listeners, thank you for joining us until next time live life with Love, Purpose and Intention. Thank you. Shanda.

**Shanda:** Thank you, my pleasure

Note: For more information about Shanda “Mango” Domango – 7 Benefits of Physical Activity series please visit [www.domangotraining.com](http://www.domangotraining.com).

For more information about ACW Podcast please visit [www.partnershipsinfitness.com](http://www.partnershipsinfitness.com) or to leave comments about this episode, or suggestions for future episodes please forward to [www.partnershipsinfitness@gmail.com](mailto:www.partnershipsinfitness@gmail.com)

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