



**LIVE with Heidi, Episode 15 (06/24/20)**  
**Guest: Andy Dooley**

**Show Notes:**

- 0:00: Heidi introduces the basics of the show, why she does the show, and how viewers can learn from the show.
- 2:03: Heidi introduces this episode's guest, Andy Dooley.
- 4:05: Due to technical difficulties bringing Andy into the show, Heidi answers viewer questions.
- 4:21: How do I share to get myself out of a funk?
- 5:43: How do I stay consistent and how do I stay motivated?
- 11:56: What are your tips to keep weight off/to maintain weight?
- 14:48: Andy joins the show. They talk about his style, and Heidi wants him to be her stylist. They talk about Heidi's guns and photos they took back in 2015.
- 15:51: They talk about how Andy is doing. He has sleepless nights due to a newborn daughter and about his new baby. They also talk about his 7-year-old daughter and how she's his most consistent workout buddy. They talk about working out with kids and setting examples for kids to work out. Andy just does it, and they see what he's doing. Heidi talks about Andy being a superhero for his kids and being a great dad.
- 18:15: Andy talks about his dad being his first superhero and how he wanted to be like his dad one day. His dad wrote the fatherhood blueprint.
- 18:40: Heidi asks Andy how the influence of his family shaped and molded who he is today. Andy talks about his parents, their background, and how they were athletes. They were major martial artists. He tells a story about the family doing martial arts in the basement and he and his mom doing martial arts together. He learned from this experience that his mom was nothing to mess with. Heidi talks about some experiences with Matix like this.
- 22:24: Heidi asks Andy if these experiences were defining moments that made him want to go into the fitness industry. Andy talks about how the defining moment was when his dad found out he had diabetes. It was hard for Andy to watch his dad go through dialysis and not being the same and go through a lot of issues. From that point on, Andy knew he wanted to be an example and help as many people as possible through his lifestyle and teach them how to have a healthy lifestyle. Andy talks about his dad handled this health crisis.

- 24:42: Heidi talks about how hard it is to see your parents age and deal with health issues. They talk about defining moments and how there's an end to our bodies, and understanding that we have one body, and how important is to help others realize this and take care of their bodies.
- 25:55: They talk about how we put off getting in shape, and every moment we're getting closer to the end. The more you push things back, the less time you have to enjoy the body and health you have right now. Why wait? Time will go by whether you start or not. This applies to any goal. We never know what will happen tomorrow. Don't be afraid of failing. We only have one shot.
- 28:04: Heidi and Andy talk about when Andy became the face of Reebok One in 2016, which is when she and Chris met him. She talks about Andy and why they chose him to be the winner amidst some stiff competition.
- 30:57: Andy talks about the process of applying (he was just himself, he'd torn his pec before the final competition) and then winning the competition and how it changed his life.
- 35:03: Heidi asks Andy about his 3 pillars: Faith, Family, Fitness. She asks him to explain why he chose those 3 words and why they're in that order. He shares an analogy of an apple pie and how that applies to his 3 pillars.
- 36:15: Heidi asks Andy about a podcast he did recently called, "What Is Microaggression?" Andy explains microaggression, gives some examples, and talks about Microaggression. He says, "These microaggressions have macro implications of impact."
- 39:00: Andy talks about biases. You have to start with your own self. He applies this to fitness. You have to start with yourself and look within. Heidi talks about the world right now and how many people don't know what to do to help. She agrees the best way is to analyze where we might be wrong, acknowledge what we don't know, and work on ourselves first. Then we share what we've learned. She talks about Andy's valuable content. Andy believes you have to be in a place of humility to make an impact on others. You have to learn to keep growing, and pride holds us back from this. This isn't limited to race. Andy explains his quote above more and share experiences about it. These things impact every part of our lives—both for the aggressors and those receiving the aggressions.
- 45:49: Heidi asks Andy to talk about the 5 powerful action steps he shared at the end of the podcast, and he talks about each one:
1. Be more empathetic to people, as a human race, altogether.
  2. Be more aware of your biases.
  3. Be open to having difficult conversations from a place of humility.
  4. Realize you can't change overnight.
  5. Listen, learn, and locomote in all areas of your life.
- 50:09: Heidi talks about these 5 action steps and how much she loves them.
- 50:44: Heidi and Andy talk about when Andy's Instagram account was recently hacked and why this is so difficult for influencers and public figures. These accounts not only influence and help people, but they also help influencers support their families. It's like someone burning down your shop and you don't have insurance. Andy talks about how this impacted him, his business, and his ability to support his family. He lost 4 sponsorship deals due to this hack. He'd also just been furloughed from his job. His

wife was also very pregnant. He talks about the importance of community and his community. They talk about trials and how they lead to growth and even better things.

56:42: Andy talks about his first impressions of Heidi and was very grateful for Heidi asking her followers to follow and help Andy after his account got hacked. He talks about how her community is just like he'd like his community to be like. "People helping people."

58:20: Heidi talks about the giveaway Andy is doing for his book (details below). Andy talks about his book, why he wrote it (to leave a legacy), and who it's for. Heidi talks about Andy's podcast. Andy shares where viewers can follow him. Heidi thanks Andy for being on the show. She thanks viewers for watching the show and talks about her guest next week: Whitney Jones. Andy says he loves Heidi's TikToks, and Marley joins the show. Andy helps them with a TikTok move.

Episode ends.

### Products + Services:

- Book: *Walk in Faith: 5-Minute Devotions for Teen Guys*
  - **Giveaway: Andy is giving away a copy of his book!**
    - To enter to win, post your #1 takeaway from this episode and tag both me (@realheidipowell) and Andy (@andydooley) AND use the hashtag #LIVEwithHeidi
    - The giveaway goes through Monday night (6/29/20) at midnight, and the winner will be announced and contacted on Tuesday, 6/30/20. Enter as many times as you'd like!
- Podcast: *The Doo Work Podcast with Andy Dooley* (<https://apple.co/2AYeMnv>)

### Connect with Andy:

- Instagram: @andydooley
- Facebook: @andydooley
- Website: <https://www.andydooley.com/>
- YouTube: <https://m.youtube.com/andydooleyfitness>
- TikTok: AndyLDooley