



LIVE with Heidi Powell, Episode 16 (07/01/20)
Guest: Whitney Jones

Show Notes:

- 0:00: Heidi talks about the show, why she chooses her guests, and her hopes for viewers to learn from the show to live their best lives.
- 1:07: Heidi talks about how viewers can show their thanks for the show by sharing what they learn. She asks them to focus on getting one nugget of wisdom from the show.
- 1:55: Heidi says she's going to give away something to viewers who share the show on social media and tag her and her guest and use the hashtag #LIVEwith Heidi. She asks viewers to comment and ask questions during the show too.
- 2:30: Heidi introduces today's guest, Whitney Jones, and brings her into the show. Heidi shares Whitney's bio and they talk about how much they miss seeing each other due to the quarantine. Whitney's gym and program helped Heidi and Chris get their IFBB Pro Cards. Heidi talks about Whitney's businesses and her list of titles. Whitney talks about her current titles and how "mom" is her favorite title. Whitney loves Oreos, and they talk about her love for Oreos and her favorite Oreo flavors. They also talk about how much they love to laugh together.
- 11:15: Heidi talks about how Whitney and her team built the Iron Gym program in the app, and anyone who shares today's episode and tags her and Whitney will get 30 days free on the app (***Giveaway is over***).
- 12:20: Heidi talks about how she loves that Whitney is well-respected in her sport and how everyone loves her. Heidi would give her two titles: 1) IFBB Sweetheart and 2) Comeback Kid of the Sport. Heidi talks about meeting Whitney and feeling intimidated, but the second they started talking, she felt like they were best friends and would be in each other's lives forever. She feels like everyone who meets Whitney feels this way. Heidi also talks about how, due to what she'd been through, that she'd never get to where Whitney is physically. Once she got to know Whitney more, she realized that Whitney has more health issues than anyone she knows. Oftentimes, she gets injuries right before massive shows.
- 15:03: Heidi asks Whitney to share some of her health conditions and how she's overcome them. Whitney talks about how it hasn't been an easy journey, but she wouldn't change a thing, and in life, when you have to overcome obstacles, and dig deep, it makes it so much sweeter and worth it. Whitney talks about how she got into the industry 10 years ago. She mentions she has heart issues, brain issues, and narcolepsy, but she never wanted to be defined as someone who has the "poor me" pity party mentality. She talks more about her heart issue. She was told she couldn't be active, and she knew there was no chance of that. She focused on finding a way to prove them wrong, and when you tell her she can't do something, she'll prove you wrong. That was the start of her defining herself the way she wanted to.

- 18:00: Whitney talks about the Fitness division that she competes in, which has caused a lot of her injuries. She talks about her injuries, and always finds a way to do what she wants to do. She talks about the experience of having injuries (neck fusion and torn ACL) before a major competition—what was supposed to be her comeback. She came back and won! There is always a way!
- 21:19: Heidi talks about her past ACL injuries and how she couldn't imagine prepping and competing with an ACL injury. She talks about how Whitney handled this whole thing and how much she admires her. Whitney is the toughest woman Heidi has ever met, but she always has a smile on her face. Heidi talks about blowing out her ACL last year and how Whitney's example helped her get through it without resorting to her eating disorder like she had before. "If Whitney can do it, so can I."
- 24:36: Whitney talks about the power of sharing experiences. She talks about what she loves about Heidi and Chris and what you see is what you get. Sharing and being transparent is all about giving people that little inch to know, "I can do this, I can get through this." Life is always going to be hard, and if anyone says it's easy, they're lying. It's important to have others to turn to and relate to for inspiration who are authentic. It's all about helping others through their hard times.
- 26:27: Heidi agrees and knows Whitney helps more people than she realizes. They talk about social media and how you have to balance what you share. She feels like Whitney does a great job on social media—she posts from a place of hope no matter what she's going through. Whitney is a source of light and hope for others.
- 28:05: Heidi asks Whitney who those people are who inspire her. Whitney says Heidi is one of those people for her. She talks about how she was intimidated by Heidi at first. Heidi helped Whitney be more vulnerable about sharing her story—the good and the bad. Whitney talks about a performance she and Heidi did together at FitCon a few years ago. She encouraged Heidi to change to the Fitness division. Damian, her coach, told her she's too old to change. He encouraged her to get her PRO card in bikini and then change to Fitness.
- 32:10: Heidi asks Whitney about her dad and mom and their influence on her and her life. Heidi talks about how when she meets an amazing person she wonders, "How did their parents raise them?" She wants to make sure she's raising her kids that way.
- 33:35: Heidi asks Whitney about her mom, who passed away a few years ago, and their bond, and some of the characteristics her mom passed on to her. They were best friends. Her mom taught her there are no excuses. She was always setting out to achieve crazy goals. Nothing came easy to her mom, and she instilled the value of hard work in Whitney. She never was sick (before she got cancer) because she had things to do and people to see. She always found the silver lining in things. Whitney talks about how not having her mom around to share her life with is tough. She's trying to live her life to the best of her ability with what her mom taught her.
- 35:45: Whitney talks more about her mom and her own kids and how she wishes they could be around her mom. Her mom was excited to be a grandma, and she tries to teach her boys about her mom. Her mom left things for her boys, and they've gotten to know her through these.
- 36:45: Whitney feels like she's a mirror of her mom and she wants to instill the same things in her boys. She wants her boys to know they work hard for what they want, you don't sit and make excuses. Whitney

has a saying she tells her boys, her clients, and others: “You’re either making excuses or you’re making progress.” Every day you have that choice no matter what’s going on. You get to choose. Progress or excuses.

- 37:32: Whitney talks about another thing she lives her life by is that you can either tell yourself, “I have to do this” or “I get to do this.” She feels fortunate when she makes this switch. It’s easy to take things for granted, like when you have injuries. Everything is a choice—you get to do things.
- 38:36: Whitney talks about these tips from her mom and dad are most valuable tips she can give people because these are things you can control. These are powerful things you can use to propel yourself.
- 39:28: Heidi agrees with everything Whitney shared and talks about wisdom her dad gave her and how it goes with what Whitney shared. She talks about losing someone you love and how it’s both easy and hard. Heidi doesn’t know if she’d be who she is today if her dad hadn’t passed away. People’s words are often not recognized for how powerful they are until they’re gone. We honor them by being our best selves. Whitney says she wouldn’t change anything, and she probably wouldn’t be who she is today if her mom hadn’t passed away.
- 42:40: Heidi talks about a client who reached out to her recently whose mom is dying, asking for advice. She told her you can honor that person not by going under the covers, but by being the person they knew you could be. You can be all the things you admired about that person.
- 44:07: Viewer question: What are some things you do when you have these feelings about thinking about your parents who have passed? Whitney talks about a coffee mug that said, “Be the person your dog thinks you are,” and when she gets sad, she thinks about being the person her mom would want her to be. Allowing those thoughts to take her down isn’t what her mom would’ve wanted for her. She’d call her out and tell her to suck it up and not have a pity party. You have to find something productive out of those feelings.
- 46:16: Heidi agrees with Whitney’s advice. She talks about balance and how Whitney creates success and happiness in all she does. She goes all in with everything.
- 47:12: Heidi asks Whitney about balance, what her definition of balance is, and tips for finding balance to achieve more. Whitney says it starts with prioritizing, her boys being her top priority. She says every person must also have their own goals. It’s important to be an example to your kids of having your own goals your own life. Find the balance between kids, business, helping others, and your own goals. You have to have a plan and be organized, and you have to be able to say, “Today is not going to go as planned.” Just do the best you can. You have to be able to run with the punches and laugh things off. You have to be kind to yourself.
- 50:43: Heidi loves what Whitney shared, and attests to the fact that that’s how Whitney lives. Heidi shares something that has affected her life: “The root of all unhappiness is unmet expectations.” You can control your attitude and your effort each day. Heidi talks about how good Whitney is at doing this and shares examples.
- 52:45: Heidi talks about a special offer for viewers from Whitney’s FEARless clothing line (see notes below). She talks about why she created the apparel line. Whitney talks about where viewers can connect with Whitney.

56:11: Heidi thanks Whitney for being on the show. Whitney talks about being inspired by Heidi's followers and how we're all here to support each other. Heidi thanks viewers for watching the show.

Interview ends.

Products + Services:

- Pro Physiques Gym: www.TheProPhysiques.com
- FEARless by Whitney Jones Apparel: FEARlessWhit.com
 - Special offer for *LIVE with Heidi* viewers:
 - FREE FEARless bracelet with any order!
 - Use code: **FEARLESSCUFF** at checkout
 - Offer good until 7/11/20 while supplies last
- NPC Whitney Jones Classic: WJclassic.com

Connect with Whitney:

Here's where you can connect with Whitney:

- Facebook: @whitneyjones
- Facebook Fan Page: @WhitneyJonesFitnessPro
- Instagram: @WhitneyJones_IFBBPRO
- Twitter: @WhitneyJonesAZ
- YouTube: Whitney Jones