

More That Matters: Kids and Exercise

With Rudy Macklin

Diane (00:01):

I'm sure we all remember the saying from our childhood, "Go outside and burn off some energy." Today we discuss that and more on kids' health.

Clay (00:16):

Welcome back to another edition of More That Matters, subseries of Vax Matters. Today, we are joined by Rudy Macklin, the director of the governor's fitness council and the bureau of minority health access, and former NBA and LSU basketball player. He's here to discuss the importance of regular exercise in children. Exercise is crucial for a child's overall health and wellbeing, no matter the age. Rudy, good to have you here, man. How's it going?

Rudy Macklin (00:44):

Oh, great to be here with you all, it's going great. Having a great time here in Shreveport and, uh, I'm just looking forward to spending some time with you all.

Clay (00:53):

Well, let's begin at the beginning. Why is it, uh... Why is it important that children are exercising, and what's the benefit to their overall health?

Rudy Macklin (01:01):

Well, their overall health is important and, uh, when it comes to exercise, uh, kids have to have it. They have to burn off that energy, number one. And it puts your, uh, your parents (laughs) and their parents, um, are glad to see the children out there exercising and- and what, uh... Involved in physical activity. But for their overall mindset, their bones, their muscular ske... Uh, skeletal structure, uh, their... Uh, their- their hearts and their- their... And when they s... As they get older, uh, they will see the benefits of- of that exercise, you know, from an early age and it stays with you. It- it stays with you throughout your lifetime, when you're physically active, each and every day. And, uh, in Louisiana especially it's important, you know, that our kids remain physically active. And as parents we have to make sure we encourage our kids to be physically active.

Diane (01:47):

So, it starts at, uh, a young age and it's really important for them to have that foundation of good exercise because, you know, Rudy, and you've seen this all the years you've been doing what you've been doing with our young people here, that exercise really does help youngsters feel happier and less stressed. Isn't that true?

Rudy Macklin (02:06):

That is very much true. We believe just because they're children, they don't have stress. Oh, yes, they do.

Clay (02:10):

(laughs).

Diane (02:10):

Mm-hmm. Yep.

Rudy Macklin (02:11):

And just because they're children, they don't have resp... Upper respiratory, uh, problems? Oh, yes, they do. It seems like today children have grown up type of problems, health problems-

Diane (02:20):

Mm-hmm.

Rudy Macklin (02:20):

And it stems from not being physically active and not eating properly, and the thing that I saw, when I took this job back in 1992, was the fact that, you know, physical education in schools were different. Some of the schools in Louisiana may offer physical education maybe twice a week or three times a week, versus when we were young. Uh, I mean, that was a long time ago, but we had physical education-

Diane (02:42):

(laughs).

Rudy Macklin (02:42):

... five days a week. And that's the thing that's different nowadays, and so we have to really stay on top of kids when it comes to physical activity. That's the buzzword now. Uh, th- they don't use the word exercise any more.

Clay (02:53):

(laughs).

Rudy Macklin (02:53):

It's always physical activity.

Diane (02:54):

Ah, mm-hmm.

Rudy Macklin (02:55):

So that's the buzzword we use now.

Clay (02:57):

I got to tell you, the- the...

Rudy Macklin (02:57):

(laughs).

Clay (02:58):

It... Within that answer, one of the more jarring things is, man, you've been doing this since 1992? That's fantastic (laughs).

Rudy Macklin (03:07):

No, I... No (laughs). I'm medieval, you know?

Clay (03:10):

So, look, like... You know, kids aren't getting enough physical activity now, and it's- it's... It just... I... And I can't understand why. Wh- wh- what do you think is the reason more kids aren't exercising?

Rudy Macklin (03:21):

It's the media, man. I mean, uh, technology, as- as- as great as it is, it's really made us weaker. You know, physically, uh, kids nowadays, they carry... They've got all the major... The iPads, their iPhones and- and whatever, uh, type of gadgets they may have, they have to keep up with the... What's going on in their- in their world in real time, and they don't get out and- and get the necessary physical activity that they need. [inaudible 00:03:45] are so dependent, uh, back in the day on the schools making sure the kids had good physical activity and exercise but when they get home, what do they do when they go home? They go to their silos in their rooms and they-

Clay (03:56):

(laughs).

Rudy Macklin (03:57):

... get on social media and talk with somebody from across the world. The world has gotten so much smaller now because of the- the internet and cyberspace, and so the kids really don't take the time to be physically active. And another thing that... Uh, that's really... I saw that was surprising. When we were in school, uh, taking physical, uh, activity and- and, uh, physical education, uh, we took showers. Okay, kids, they, uh, don't take showers anymore when they have PE because, you know, some of them are shaving their bodies and that type of thing but, uh, that kept a lot less... Keeping a lot of kids from participating in physical education, believe it or not. So, if you just go by any school and you just see kids sitting in the bleachers or, um, they'll throw a ball out there, uh, every once in a while, but, uh, that's just the basic, the way it is, but there are some parishes that do well in Louisiana, uh, and... But there's not as many as we would like.

Diane (04:49):

Well, you know, it's become kind of sedentary. Uh, our world anymore, Rudy, for, um, of course adults but of children, and they do learn by example. And if your mom, your dad, your cousins, your... Y... well, you... Whatever, if they don't show you and just encourage you, it's kind of hard for youngsters to- to do what they need to do, and with you, you know, you were in the NBA. You're at LSU. Young people look up to you, Rudy, so thank you. You know, as Clay said you've been doing this since the early '90s and thank you for not burning out. Thank you for helping our young people. And this is... You know, this is going to help our next generation here in our state.

Rudy Macklin (05:33):

It is, uh, but I need more parents to step up. Okay, the parents are not stepping up-

Diane (05:37):

Yes sir, yeah.

Rudy Macklin (05:37):

My parents would just say, "Go outside and play."

Clay (05:39):

Yeah, okay (laughs).

Diane (05:42):

(laughs) Yeah, yeah.

Rudy Macklin (05:42):

That was enough for us. And we would look forward to going outside and play, and we test elementary school children, uh, with the old president's challenge and we took it and we have a statewide elementary championship fitness meet. And Lafayette parish won the championship this year. And so... But the kids'll know they're being studied, because every school in the... Each parent, 31 parents usually we have, have to perform those tests and we get their data, but the thing that that startles me, uh, the most is back then, we climbed trees outside a lot, you know? We used to get in trouble for climbing, you know, the highest trees all the time and climbing fences, uh, but the kids here in Louisiana, a lot of them cannot do one pull-up. And I'm like, "That's kind of s- strange."

Diane (06:23):

Oh, gosh.

Rudy Macklin (06:26):

Now they can't do one pull-up. And so... And then that boggles me, and some of them can't even run 600 yards. And so-

Diane (06:29):

Mm-hmm.

Rudy Macklin (06:30):

... that tells me that they're not doing, uh, the- the- the- the- the... Having the physical activity they need, not only at school as they should, but at home. What are you doing with your children at home? Are you encouraging your children to go outside? Or do you exercise, or have physical activity, with your children?

Diane (06:46):

Mm-hmm.

Rudy Macklin (06:47):

Participating with your children. You know, my own son, you know, when we was little, you know, uh, he was coming up, I had him outside all the time and- and- and going on physical activity things with him. But also, we've gotten so dependent on other activities that people can afford to... They pay for. You know, it's a lot of people that are well off, you know, uh, financially can pay for their kids to have swimming lessons, can pay for their kids to participate in volleyball clubs, basketball clubs like AAU and- and- and baseball, you know. And it costs a lot of money, and it's... It's expensive. And a lot of kids and families can't afford that, so what do they do at home? They have nothing to do.

Diane (07:26):

Yeah.

Rudy Macklin (07:27):

And back in my day we had boys' and girls' clubs. They still have them in some places-

Clay (07:30):

Mm-hmm.

Rudy Macklin (07:31):

... but the boys' and girls' club gave us, uh, somewhere to go to participate in these physical activities. And some of the schools, some of the neighborhoods, you know, especially the inner city, they don't have that anymore. And so, what do they do for physical activity? Where do they go to play? And so, we have to look at a- all of those things, you know, from the- from the holistic standpoint to make sure kids have a place to go to be physically active- active after school, especially during the summertime. What are your- what are your kids going to do during the summertime?

Diane (07:59):

Mm-hmm.

Rudy Macklin (08:00):

You know, those things you have to be, you know, really, you know, aware of.

Clay (08:03):

What are a few activities or exercises that you would recommend for parents or someone listening with, ok, get them to do something, what would that something be?

Rudy Macklin (08:12):

The simplest, take a walk with your chil- with your child. You can take a walk. Long walks. You know, in the park. That's- that's good enough, all right? And- and take the time to- to, uh... To participate in the things that they like to do. Ask them, what do they like to do? And then you can show them things that you like to do. But take the time to participate. You know, we think that we too old, we can't get out there and move. Well, we can do some things. And we look silly doing it sometimes, because we may fall on our face, get scarred up, but hey, kids love that too.

Rudy Macklin (08:41):

So, get out there and just do the basic walking first, I would suggest, and also, you know, when they involved in the other activities, maybe swimming or something like that, get out there and swim with them. But just basic participation with your children when the coming is... When it comes to physical activity. But I would start with long walks. And keep of your- of your walks, you know, as you go. And then go from there. But don't be afraid to participate in, you know, some homegrown games that you may have, uh, that you can think of, but it doesn't take a whole lot. But I would start out with- with walking with my children.

Diane (09:17):

And that helps a child's imagination too, Rudy, to come up with things, to be creative. You know, kids... I don't really think they're lazy. They just don't know any better. They want to be with... And they love, you know, one-on-one with their parents, their... Or an older adult that takes an interest in them, and they want to prove that, yeah, I can do this, and I want to do this, and I want to get a gold star and have somebody say, "Well done. Let's do this again."

Rudy Macklin (09:41):

Your local park and recreations have good programs for families, okay. It doesn't take a whole lot to find out what it is... What they are, and the families can participate with the children and, uh... But I used to like, we used to, I used to love to participate in, uh, those huge gatherings, like at picnics, and everybody played games during the picnics and things like that. And so, um, I mean, as simple as... I played hopscotch with my nieces, you know, and that's simple enough.

Diane (10:08):

Oh, gosh (laughs).

Rudy Macklin (10:08):

I played jump rope. You know, we had double dutch, you know, with my nieces and neph... My nephews.

Diane (10:11):

Oh, yeah. Yeah.

Rudy Macklin (10:13):

And- and I'd always participate. I always stayed in some kind of shape. And so, uh... But all those games we played with as children, I introduce the kids today the games we did back then. You know, they know... They didn't know anything about.

Diane (10:26):

Uh-huh.

Rudy Macklin (10:26):

And so, and then...

Diane (10:27):

Didn't even have a clue what they were, yeah.

Rudy Macklin (10:28):

They didn't have a clue. Did not even have a clue.

Diane (10:28):

Uh-huh, uh-huh.

Rudy Macklin (10:31):

And I introduced them to them, and- and they love it. They love it. Kids love it when adults participate with them in any activity you do. The kids love that.

Clay (10:37):

Yeah. It's- it's... That's- that's quite depressing, that they didn't know what double dutch was and, uh...

Rudy Macklin (10:42):

No.

Diane (10:42):

And hopscotch.

Rudy Macklin (10:43):

Right?

Clay (10:43):

I'm- I'm going to have to test that-

Diane (10:43):

Geez.

Rudy Macklin (10:46):

Oh, and the hopscotch. Oh, that was- that was great.

Clay (10:47):

(laughs).

Rudy Macklin (10:47):

You know, I loved that.

Diane (10:47):

(laughs).

Clay (10:49):

Listen, you- you know, y- y- you and I we were talking about this before the show, about working out. There is actually an emotional, uh, or an- and mental release when you work out, what it does to your brain chemically when you're able to get physical fitness, and can you talk a little bit about that?

Rudy Macklin (11:04):

Yes. I have one fear. I don't fear too many things in my life. You know, I'm... I don't like rats and roaches.

Clay (11:10):

(laughs).

Diane (11:15):

(laughs).

Rudy Macklin (11:15):

But, uh, I- I- I- I fear...

Diane (11:15):

And now you know the rest of that story about Rudy.

Rudy Macklin (11:15):

Yeah, yeah. And I'm- I'm afraid of snakes too. But when it comes to other than that (laughs)-

Clay (11:21):

All right, yeah (laughs).

Diane (11:21):

(laughs).

Rudy Macklin (11:21):

The one thing I fear the most, getting older, is losing my independence. Uh, I- I fear the- the fear of dementia, for me. And so, I know studies show, and it- and it is true. You know, those who are physically active, as you grow older you- you're less likely to have dementia, all right? And I- I don't want that. I want to be as independent as I can be at 66 right now, I can do a lot of things-

Clay (11:43):

Mm-hmm.

Rudy Macklin (11:44):

... that people my age cannot do. Because I'm in the gym every morning at 4:30 AM, and sometimes on Saturday with my buddy Rusty Price who used to coach at Broadmoor-

Clay (11:53):
(laughs).

Rudy Macklin (11:54):

... you know, we get together, and we always do the exercise and stretching to- to increase my mental capacity, okay, first. And- and also my body next. But when you are physically active, the brain... The blood rushes to and from your brain, keeps you, uh, uh, cognitively alert. And I want to keep that going. And that's my main motivation for staying in the gym every morning at 5- at 5 o'clock. 4:30, 5 o'clock in the morning. And so, uh, I encourage people to use that as the driver as you get older to do... The reason why we have to stay physically active, because I want to keep my mind sharp, you know, and I also stay on top of the latest technology, of course, and then read as much as I can to keep my mind sharp-

Diane (12:40):
Mm-hmm.

Rudy Macklin (12:40):

... but it starts with physical activity and eating properly. You can't do one without the other. Uh, you got to eat right and be physically active, and that's my main motivation, is to keep my mind as sharp as I can.

Diane (12:51):
And it-

Rudy Macklin (12:51):
As I get older.

Diane (12:51):
And it all goes hand in hand, doesn't it, Rudy?

Rudy Macklin (12:51):
It does. You can't-

Diane (12:55):
It all goes hand in hand.

Rudy Macklin (12:57):
You can't fashion one without the other.

Diane (12:58):

Mm-hmm.

Rudy Macklin (12:58):

You've got to eat right and be physically active, and [inaudible 00:13:01] we live in Louisiana, you know how the food is. Oh, my God.

Clay (13:04):

(laughs) Crabs and all.

Diane (13:05):

(laughs).

Rudy Macklin (13:05):

Do not put crab meat in front of me.

Clay (13:06):

That's what I was about to say.

Rudy Macklin (13:07):

Don't put food in front of me (laughs). Oh, my days.

Clay (13:09):

Hey- hey, man, we fry butter down here, so...

Rudy Macklin (13:25):

Oh, no.

Diane (13:25):

(laughs).

Clay (13:25):

(laughs).

Diane (13:25):

But you didn't hear it from Clay.

Clay (13:25):

No, no, no. I don't know anything about that.

Diane (13:25):

No, uh-huh, no, no.

Clay (13:25):
Uh-huh, no, no.

Diane (13:25):
Uh-huh.

Clay (13:25):
(laughs).

Rudy Macklin (13:25):
It is a challenge.

Diane (13:25):
Yeah.

Rudy Macklin (13:25):
It is a challenge. The food here, man.

Diane (13:25):
Yeah.

Rudy Macklin (13:25):
I tell you, I got- I got to be strong, you know?

Clay (13:25):
(laughs).

Rudy Macklin (13:25):
And it just...

Diane (13:25):
It... (laughs)

Rudy Macklin (13:27):
Yeah, I know. Man. But- but that's- that's... The world we live in, we have to be. And, uh, so and...

Diane (13:29):
And-

Rudy Macklin (13:30):
Living in Louisiana and, you know, we're last in pretty much every category-

Clay (13:32):

Yeah.

Rudy Macklin (13:32):

... there is, you know, in the state-

Diane (13:32):

Mm-hmm.

Rudy Macklin (13:32):

And so, we have to really-

Diane (13:38):

Yeah, unfortunately.

Rudy Macklin (13:38):

... keep pushing that- that prevention type message every time.

Diane (13:40):

And, you know, I'm glad that you did, uh, bring up the topic of older adults.

Rudy Macklin (13:45):

Yes.

Diane (13:45):

Here in Louisiana. Not only, you know, because as a woman and as a smaller woman, I have to be careful about my bones-

Rudy Macklin (13:51):

Mm-hmm.

Diane (13:52):

... and- and do all the things that I need to, as you said, to age well and to age with grace-

Rudy Macklin (13:58):

Mm-hmm.

Diane (14:01):

... but I think a lot of people don't... The correlation, when you were talking about your mental health-

Rudy Macklin (14:04):

Yes.

Diane (14:05):

... it really is important for you to realize that you know what, and some older people, they're hesitant-

Rudy Macklin (14:12):

Mm-hmm.

Diane (14:12):

... to do much of any exercise because they're afraid of falling-

Clay (14:15):

Right.

Rudy Macklin (14:15):

Yes.

Diane (14:16):

... or their balance might not be good, but as you said, you don't have to go to the gym to kill it.

Rudy Macklin (14:22):

No.

Diane (14:22):

Just get out-

Clay (14:23):

Right.

Diane (14:23):

... and so many doctors say, "Diane, just go out and take a walk."

Rudy Macklin (14:26):

Just for a walk.

Diane (14:27):

"Just take a good walk." Yes. And that will help your mental, uh, health, your mental state, your physical-

Rudy Macklin (14:33):

Mm-hmm.

Diane (14:34):

... and just breathe.

Rudy Macklin (14:35):

Yeah.

Diane (14:36):

You know, breathing's pretty important, you know (laughs).

Rudy Macklin (14:37):

Yes.

Diane (14:38):

Breathing is important.

Clay (14:39):

Yeah, it's right up there with one of the more important...

Diane (14:39):

And y- yeah, in life.

Rudy Macklin (14:39):

(laughs).

Clay (14:39):

(laughs).

Diane (14:42):

So- so... But thank you for bringing that, you know, to the forefront about older adults. We still have a lot of life, you know?

Rudy Macklin (14:50):

Oh, yeah.

Diane (14:50):

We have a lot of life in us, and we want it to be good, and we want to have... We want to end well, Rudy.

Rudy Macklin (14:55):

Oh, yeah.

Diane (14:55):

That's the bottom line. We want to end well.

Rudy Macklin (14:57):

Yeah. We're in the- we're in the winter of our lives and, uh...

Diane (14:59):

Yeah.

Rudy Macklin (15:00):

Uh, I'm a new granddad now, and I want to be a- a great...

Clay (15:02):

(laughs).

Diane (15:02):

Oh, congratulations.

Clay (15:02):

Congrats.

Rudy Macklin (15:02):

Oh, thank you. Oh, man.

Diane (15:02):

Yeah.

Rudy Macklin (15:06):

I'm- I'm going to [inaudible 00:15:06] bankruptcy soon [inaudible 00:15:07].

Diane (15:07):

(laughs).

Clay (15:07):

(laughs).

Rudy Macklin (15:10):

(laughs) Nobody-

Diane (15:10):

That's the way it works, Rudy.

Rudy Macklin (15:16):

Yeah. Nobody told me about that part.

Diane (15:16):
(laughs).

Clay (15:16):
(laughs).

Rudy Macklin (15:16):
It's that how great it is to be a grandpa-

Diane (15:16):
Oh, no.

Rudy Macklin (15:16):
... but yeah, what about you goin broke spending so much money on?

Diane (15:19):
(laughs).

Rudy Macklin (15:19):
You know, they didn't tell me about that part. But I- I-

Diane (15:20):
Yeah.

Rudy Macklin (15:22):
I just want to be there for my granddaughter, you know.

Diane (15:23):
You bet.

Rudy Macklin (15:24):
I want to see her- I want to see her graduating college, you know?

Diane (15:28):
Amen to that.

Rudy Macklin (15:29):
She ain't but 7 months old and so I was with her last weekend and- and I played with her and played her with her she... 'Til she fell asleep. I'm like, "Yes. Granddaddy's still got it."

Diane (15:36):
Aww, yeah.

Rudy Macklin (15:36):

You know, I can wear a baby out.

Diane (15:37):

Yeah.

Rudy Macklin (15:37):

If you can wear a baby out-

Diane (15:37):

Yeah, that's it.

Rudy Macklin (15:39):

You in great shape, man (laughs).

Diane (15:40):

Instead of vice versa, yes. Yeah.

Clay (15:42):

Yeah, it's- it's... And it's- it's so interesting when, and Diane mentioned it, for, uh... For seasoned citizens who may be afraid to get to the gym or- or do something active because they're concerned about injury, I mean, there's... If there... Is there any- any advice you would give or- or things you would say, "Hey, do this and avoid this"?

Rudy Macklin (16:02):

I- I'm... The first thing you need to do is, don't try to do any type of physical activity or exercise alone. Get a partner-

Diane (16:09):

Mm-hmm.

Rudy Macklin (16:09):

... or partners, okay? In case something happens to you, you fall or get sick, but mainly for your mental health and to motivate one another. Sometimes... I don't wake up every day, you know, motivated to go to... Some days I'm like, "Ah, man, should I go?" But I know I got my buddy Fred, you know, my pastor of my church, we work out together. And, uh, we... And so when he motivates me, I motivate him. But always have a partner. But, uh, as Diane said earlier, it's simple as just a walk.

Clay (16:36):

Yeah.

Rudy Macklin (16:37):

A walk is so beneficial, man. You know, you can walk and talk with your friends as you go and you realize, "Oh, I'm... I've- I've walked three miles." You know, and it goes by so fast.

Clay (16:44):

Yeah.

Rudy Macklin (16:47):

And it helps your balance, too. Balance is going to be a... Important.

Diane (16:50):

Mm-hmm, yeah.

Rudy Macklin (16:50):

To keep from falling, so we work on balance exercises on a path round... Half-moon bar at the gym, and we get on that and work on our balance and do balance exercises. You know, one leg at a time and that type of thing. And so, to keep... To make sure our balance is strong, so we won't fall. And to- and to build up our bones. I mean, you got to build your bones up.

Diane (17:09):

Yes, yes.

Rudy Macklin (17:09):

Uh, to make sure that when you walk some place you don't just fall over. And so, these things can be worked on, just because you getting older, don't mean you can't do 'em. You know, we're not asking you to do... To participate in Mr. Olympia or weightlifting contests, anything like that.

Diane (17:22):

(laughs).

Clay (17:23):

Right, right.

Rudy Macklin (17:23):

But just the simple things to keep moving, you know?

Diane (17:25):

Mm-hmm.

Rudy Macklin (17:26):

One of the guys at the gym who's 87 years old, you know, he just says, "Don't stop. Just don't stop."

Diane (17:31):

Oh, gosh. Wow.

Rudy Macklin (17:32):
"Don't stop doing what you're doing."

Diane (17:33):
Yeah, yeah.

Rudy Macklin (17:36):
And when people stop, you know, and- and just-

Diane (17:36):
Mm-hmm.

Rudy Macklin (17:36):
... don't do anything and sit on their couch and- and think, thinking that's it just 'cause you're old, no. No. And there's, uh, people out there that be willing to participate with you at the gym, you'd be surprised. And, uh, I make new friends all the time, you know, coming into the gym. I'm competitive still. I still cheat, tease the-

Diane (17:54):
Mm-hmm.

Rudy Macklin (17:54):
The young people, younger than me, I say, "You going to let an old man beat you like this?"

Diane (17:57):
(laughs).

Rudy Macklin (17:58):
"[inaudible 00:17:58] you have no shame? I'm 66 and I'm kicking your butt."

Diane (17:58):
Oh, Rudy (laughs).

Clay (17:58):
Hey.

Rudy Macklin (17:58):
You know, "You... Are you going to take this?" You know, and they love it.

Clay (17:58):
Listen, but-

Rudy Macklin (18:09):

They love it, man. But that's what I do, you know?

Clay (18:10):

Uh, but-

Rudy Macklin (18:10):

I...

Clay (18:12):

Yeah, but you know, it- it's- it... There's something to be said about starting these habits early.

Diane (18:16):

Yes.

Clay (18:16):

Getting kids into the routine early, because it does become a part of what you do.

Diane (18:21):

Mm-hmm.

Clay (18:22):

You know, just like anything else, so...

Diane (18:23):

Yes.

Clay (18:23):

And that's the other benefit. If you get kids exercising early, it just becomes a part... Like, I love it. I exercise on vacation.

Rudy Macklin (18:30):

Mm-hmm, oh yeah.

Clay (18:30):

Because I- I won't break the rhythm. As Diane rolls her eyes at me here in the studio (laughs)...

Diane (18:33):

He caught me. I turned away and (laughs)....

Clay (18:33):

I mean...

Diane (18:37):

I was caught, Rudy.

Clay (18:38):

Well, I mean, Stevie Wonder could have seen that one but, uh (laughs)... But no, getting kids started earlier, I mean, that- that's a good thing, right?

Rudy Macklin (18:45):

Yeah. Well, you- you mentioned, uh, something important. Wherever I travel, uh, I make sure the hotel has a- a fitness center in it, okay? And when parents travel with their children, take the kids with you, you know? And... But you have to start... And when kids mimic what we do every day.

Clay (19:00):

Mm-hmm.

Rudy Macklin (19:00):

If they're with you every day, they're going to do what you do. You know, especially when they're that... They're at that age of, uh, maybe like six or seven years old, and I really love it when I see fathers and- and- and mothers bring their children to the gym with them. All right, they- they show them what they do.

Diane (19:14):

Mm-hmm, yeah.

Rudy Macklin (19:15):

Well, you can do that with the little ones too, not bring them to the gym but just go on your walks or your slow jogs or just do some stretching and- and putting that... Your kid's mind, how important to keep doing this every day, and when they see you do it every day they're going to do it every day. And then when they have children, they'll do the same thing. So, start a tradition in your family with your children-

Diane (19:34):

Mm-hmm.

Rudy Macklin (19:35):

"Every day, I'm going to do... Participate in physical activity, and I'm going to take my kids with me." Take them with you. All right?

Diane (19:42):

Yeah.

Rudy Macklin (19:42):

And do these things... And they'll continue to... Continue... Make it a tradition. You know, I did it with my son. I made it a tradition with him. When you're with me, you're getting up and you're going to work out with me, all right? S- so...

Diane (19:54):

Yeah.

Rudy Macklin (19:55):

And it's... And he does it himself still. And so that's- that's the key. Stick with it, get your children started early, do it as often as you can and take them with you. And m- make them go with you. Okay?

Diane (20:06):

Yeah.

Rudy Macklin (20:06):

They're too young to... Be- be a... Y- you gotta be a little- a little bit of a dictatorship and just- just said, "Come on, let's go."

Clay (20:10):

(laughs).

Diane (20:10):

But you're the parent.

Clay (20:10):

Right.

Diane (20:14):

And you're allowed to do that.

Rudy Macklin (20:15):

You the parent.

Clay (20:15):

That's right.

Diane (20:15):

You're the parent.

Rudy Macklin (20:15):

You the parent, you know?

Diane (20:15):

Yeah.

Rudy Macklin (20:16):

You know? Get them up...

Diane (20:18):

A- and you know, Rudy, somebody listening today, you know, hopefully lots of folks listening today, this may give adults the incentive to say, "Yeah, man, I need to start doing this for me."

Rudy Macklin (20:27):

Mm-hmm.

Diane (20:28):

"Not only for me, but for my family."

Rudy Macklin (20:30):

Yeah.

Diane (20:30):

"For my youngsters, for those that I have influence over, for those who- who watch me." You know, as you said, for children, for grandchildren. So, this is going to give adults incentive to help too. So, what advice would you give the adults to not only help them, but help them get their children, their grandchildren into this hopefully unbreakable cycle of being healthy and continuing... And starting, starting a good base for the rest of their life?

Rudy Macklin (20:56):

Well, you- you got to make a decision when you talk to people, especially loved ones, let's start with the loved ones. You- you gonna have to... I mean, you're going to have to take a chance to say, "Okay, I'm not going to worry about your feelings right now, okay? I'm not going to worry about hurting your feelings because I see you need to do a better job maintaining your health." You know, you got to have that tough talk with your family members. And it's never too late to start. Some people think because they've gotten older and hadn't exercised in long... In years... You can start again. You know, start slow by walking, okay? And then you can... You got to have that talk with your family. You know, I do it all the time with my sisters and brother. You know, I stay on them all the time. I'm like wait a min now, you- you- you gotta- you gotta come back. You gotta come back, you gotta get- gotta get active. When they see me coming home to Louisville, Kentucky, I meant, whoever I'm staying with, they got to get up. I make them get up, you know?

Diane (21:51):

Mm-hmm (laughs).

Rudy Macklin (21:52):

That's just a little... I'm the baby brother, you know? I make them get up (laughs). But you've got to let them know, it's not too late to start over. You can start again.

Clay (21:58):

Yeah.

Rudy Macklin (21:59):

You can always start again, by starting by walking. And eating right and keeping track of what you do. And- and- and that's something... That's... You got to have the- the hard talk with your family. And then to get involved with them to let them know, "I'm going to go through this journey with you. I'm not just doing it for, you know, for just talking. You know, uh, but I'm going to go through this journey with you." And it- and it works, to just show that you love them enough to tell them-

Clay (22:22):

Yeah.

Rudy Macklin (22:22):

... you need to do better.

Clay (22:24):

Well, I'm sure, uh, they love you in Louisville but they're probably not lining up to invite you to come stay at the house, based upon what you just said-

Rudy Macklin (22:31):

(laughs).

Clay (22:31):

... about getting them up in the morning (laughs).

Diane (22:32):

(laughs).

Clay (22:33):

But now here's the other thing now and, you know, we're in Louisiana and as we record this, uh, it's hot as fresh biscuits outside-

Rudy Macklin (22:40):

Oh, yeah.

Clay (22:40):

... and, uh, that would- that would divert some people from wanting to exercise, because of the temperature. So why should that not be a hindrance to staying active?

Rudy Macklin (22:50):

There's some things you can do inside the house. You know, you have air conditioning, okay? Every morning-

Clay (22:56):

Yeah.

Rudy Macklin (22:56):

... when I wake up there's some stretching that I like to do before I go to the gym, you know, for your- for your back. I like to keep my back, you know, in- in- in pretty good shape. I had back surgery years ago and I always-

Diane (23:07):

Yeah.

Rudy Macklin (23:07):

... you know, do some stretching exercises for the back. You would be surprised what stretching can do for... Oh, man, it's good- good- good thing, there. But there's things you can do inside your house, uh, to, uh- to be physically active. You know, there's different chair exercises and there's things all over the internet you can do, and you just go to YouTube, and you will find somebody, you know, doing exercises for the home. There's things you can do. There's a lot of, you know, information out there, how to get started and, uh, if you want you can go early in the morning before the sun, you know, comes up, before the heat gets you or you can go toward the end of the day, you know, near- near nighttime and get your walking in. But there's always time to put in at least 30 minutes. 30 minutes is all we're asking of physical activity. The least you can do is 30 minutes, and it'll work out for you.

Diane (23:53):

You know, Rudy, you've given us so much- so much information today to do the best we can, to stay on top of things, to be cognizant of where we're do... What we are now and where we want to be in the future, not only personally but of our entire family. Is there anything that you can think of that our podcast listeners need to be aware of, that maybe that we didn't touch on? You know, some final words of wisdom you'd like to leave with our listeners today?

Rudy Macklin (24:24):

Don't be afraid to have that talk with your family members. And don't- don't... You know, that's- that's a big problem, you know. You- you may have a- a relative that's, you know, obese, you know. You may have a relative that just suffer from arthritis very badly, you know. You know, don't be afraid to sit down and say, "Okay, let's do something about this," you know. And my mother, she- she, bless her heart, she didn't like whining children and whenever we'd bring a problem to her, which is all we did really, one time, and thought she would solve it from... For me-

Diane (24:55):

(laughs).

Rudy Macklin (24:56):

... and she... At the end of my talk, she would always say, "Okay, now what are you going to do about it?"

Diane (25:00):

Mm-hmm.

Rudy Macklin (25:00):

And that was always her ending phrase, and I said, "Well, I don't think you heard me, Ma." She said, "I heard everything you said," and she would summarize it back to me. She said, "But I want to know, what are you going to do about it?" And so, I-

Diane (25:11):

Yeah, wise woman. Wow.

Rudy Macklin (25:12):

I do that with everybody that bring me problems-

Diane (25:15):

Mm-hmm.

Rudy Macklin (25:15):

... or bring me suggestions about physical activity and exercise and eating right. I'll listen to them, and I'll let them go on with their little soliloquies and I say, "Okay. Wh- wh- what are you going to do about it?"

Diane (25:28):

(laughs).

Rudy Macklin (25:28):

What are you going to do about it?

Diane (25:28):

Yeah.

Rudy Macklin (25:29):

So, you know, and- and that's the... We got to have that talk with our loved ones first, and especially starting with our children first on up to our elders. What are you going to do about your condition? You know you have this problem.

Diane (25:40):

Yeah.

Rudy Macklin (25:41):

What are you going to do about it? And whatever you decide to do, I... If you need me to help you along the way I will, but I need you to take that first step. That's the thing.

Clay (25:52):

Great.

Diane (25:52):

Yep.

Clay (25:53):

Well, we've come to the end of the show, Diane.

Diane (25:56):

Yeah. Wow.

Clay (25:56):

What are you going to do about it?

Diane (25:56):

Wow, Rudy. Thank you. Well said.

Clay (25:58):

(laughs).

Diane (25:58):

Everything that, you know, makes us stop to think-

Rudy Macklin (26:00):

Mm-hmm.

Clay (26:00):

Yeah.

Diane (26:01):

... and that's why we do this podcast.

Clay (26:03):

Yeah.

Diane (26:03):

We want to give as much information as we can to make our listeners stop and think for their overall wellbeing.

Rudy Macklin (26:09):

Yeah.

Diane (26:09):

Well, thanks to everyone for tuning in. We hope this episode was both insightful and, obviously, it was incredibly informative. Make sure to keep listening to Vax Matters for more great conversations, or visit immunizations.la.gov for additional resources. See you next time, and thanks again to our special guest-

Rudy Macklin (26:31):

Thank y'all.

Diane (26:32):

... Rudy Macklin.

Rudy Macklin (26:33):

Love y'all.

Diane (26:33):

You're the best.

Rudy Macklin (26:34):

Take care now.