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[Episode #109: Ben Reveals One Of His Favorite Sources For Fitness Music!](#)

August 25th, 2010

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In this August 25, 2010 free audio episode: a source for fitness music, exercising when you're sore, plantar fasciitis, something called gym dick, do you burn more calories in hot or cold weather, running socks, fruit and vegetable supplements, whey vs. soy protein and buying local vs. buying organic.

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Scroll down to donate anything over \$15 to the show, and Ben will send you a BenGreenfieldFitness.com t-shirt...you can also conveniently donate any amount with your phone by simply [clicking here](#).

Featured Topic: Fitness Music



The [Get Fit Pod Podcast](#), hosted by Skip Orem, is a great source for fitness music – and like this podcast, a bit of education while you’re exercising. For example, they’re gearing up for an upcoming series on “barefoot running”. In this interview with Skip, we talk about how music can motivate, and the 5 crucial fitness motivation keys that Skip includes in each episode.

Special Announcements:

-The BenGreenfieldFitness Inner Circle is the next evolution of the BenGreenfieldFitness podcast. Be looking for the first episode in the next week. This special weekly podcast release from Ben and Jessa Greenfield will include a Research Corner, Recipes, Workouts, and much more.

-Coming September 5, Sunday, from 6-7:30pm LIVE video Nutrition & Fitness Q&A from Ben. [Click here to attend!](#)

-Think forward to your training next January... Will you be tired of the indoor trainer and the treadmill and that black line on the bottom of the pool? Are you going to be struggling to stay motivated for those wet 5-hour slogs in this rainy/snowy winter climate? Are you planning on ANY 2011 triathlon event from Olympic distance up to Ironman? Then this event is going to be perfect for you. Pacific Elite Fitness is proud to announce an **Official 2011 Triathlete Training Camp, January 31-February 7, 2011 at the Endurance Ranch in Austin, Texas!** [Click here for more details or to register now.](#)



- Join Ben to race a double triathlon in Thailand.! Week 1: Laguna Phuket Triathlon; Week 2: Ironman

70.3 Thailand. Ben can still get you into the sold-out race AND organize your entire trip, but you must e-mail him at ben@bengreenfieldfitness.com within the next week.



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Listener Q&A:

Do you have a question for Ben? Just call 1-877-209-9439 and leave a voicemail, leave a Skype voicemail to username “pacificfit”, or e-mail ben@bengreenfieldfitness.com.

davidography asks via Twitter: @bengreenfield Is it harmful to exercise over the top of soreness from a previous workout?

Mike asks: I’ve had PF for a while in 1 foot. I had it about 1 yr ago and went to a great podiatrist who gave me 2 cortizone shots 1 wk apart, along w/ some icing and strengthening exercises, went away completely. About 2 wks ago, I changed my running style from a heel plant to a midfoot plant and the same PF came back in the same foot. I’ve been to Phy Therapy and have tried icing, stretching, nightsplint, massaging, orthotics, everything. It doesnt hurt when I run. Do you know of anything else I could try to heal this?



There are 5 things I demand of my underwear - click here to find out what they are.

Sean asks: While we are on the topic of male underwear,

I have a male fitness related question. I'm not sure how to word this to make it appropriate for the podcast, but here it goes. While working out hard, I notice that my penis shrinks considerable, often referred to as 'gym dick'. It happens when I am training with weights and cardio. It feels rather uncomfortable and I am wondering if there's anything to be worried about. I've heard a couple reasons for this happening, first, that it is the body's primal instinct to protect itself during strenuous activity, and second, the body is focusing on sending blood to other areas of the body that need it more. Does that seem accurate and does it have anything to do with the type of underwear I use?

Christian asks: Do you burn more calories exercising in the cold – trying to keep core temp up- or in the heat – trying to keep core temp down? When I do my long distance runs – 20-25 miles each week, I sweat slot. My socks are soaked by mile 18. Then I start to get hot spots and blisters. Any suggestions about running socks?

Tom asks: I'm a 53 year old ultradistance runner/cyclist who is "on the razor" putting in 3-4 hours of training on most days. 1) what is your opinion of fruit and vegetable supplements? I am considering Juice Festiv from Sam's Club. What benefits might I expect to receive from taking this product? 2) I sometimes feel overtrained and lethargic. My diet is borderline vegan. Would switching from soy to whey protein in my smoothies give me additional energy?

Tommy asks: I'm conflicted on purchasing overseas organic vs U.S. non-organic foods. After reading Thrive, by Brandon Fraizer, I learned that half of the green house gas admission in North America is from the transportation of food. For example, I'm stuck at the grocery store wondering if it's more beneficial to buy organic apples from Chili, or non-organic apples from Washington. Should I save Earth or save myself?

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Ben Greenfield is Get-Fit Guy

What People Are Saying

I discovered Ben's books and training methods 2 years ago. Since then, I have shed 12% body fat and 34 pounds. I am in the best shape of my life and I know that I am going to live longer and live well - thank you, Ben!

Jack, Forest Grove, OR

After committing to training for my first triathlon, I realized I needed guidance. Using tips and tricks from Ben Greenfield, I not only finished, but felt fantastic. Ben is the ideal coach!

Becky, Naples, FL

Ben's Recommendations

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There are 5 things I demand
of my underwear - click here
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Ben's Latest Twitter Post

- [@nutriiondiva](#) Here at the Greenfield home, we Do Chai tea - <http://ow.ly/2uzbN> 8 hrs ago
- [More updates...](#)

Coaching



Translate



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