

New Podcast Format Combats Pandemic Weight Gain

Half of adults in the U.S. gained weight during the pandemic. This new podcast format, a motivational coached walk, aims to get people physically active.

ESCONDIDO, CA, US, March 17, 2022 /EINPresswire.com/ -- Helen M. Ryan, creator of the [Walking & Talking with Helen](#) podcast, aims to help change that with a show that serves up something different: a coached walk with a side of motivation. "If you feel like you've put on weight and gotten out of shape during the pandemic, you're not alone."



Walking & Talking walking podcast

A new study reveals that nearly half of all adults in the U.S. gained weight during the first year of the pandemic, while new CDC data shows that one-quarter of Americans are physically inactive.

“

People are discouraged. They don't fit into their clothes. They don't know where to start.”

Helen M. Ryan

Ryan saw people struggling with their pandemic weight gain. They were stuck in a rut and unmotivated.

“Re-starting exercise and getting back to healthier habits can be really hard after a long lapse,” says Ryan. “People are discouraged. They don't fit into their clothes. They don't know where to start.”

Ryan knows first-hand about the challenge of starting down a healthier path. After a lifelong struggle with weight, she lost over 80 pounds and has maintained that weight loss for 17 years. That experience, and her background as a weight loss coach and certified personal trainer, led to the idea for the “walkcast” Walking & Talking with Helen.

“I want people listening to the podcast to know that I've been there, and I understand,” Ryan says. “I want them to feel like they're walking with a silly, nerdy, caring friend. Someone who will motivate them to keep walking while getting stronger and more confident every day.”

Most Walking & Talking with Helen podcast episodes have two versions: one with background walking music to help listeners keep pace, and one with voice only. Occasionally there are interviews with insightful guests, and special episodes such as walking meditations.

“Walking is doable for almost everyone. It’s free. It’s good for your body and mind. And it’s a fun and less stressful way to get started with physical activity again.”

Walking & Talking with Helen is available on all major podcast platforms.

Helen Ryan

Walking & Talking with Helen Show

+1 951-205-0267

[email us here](#)

Visit us on social media:

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/565666566>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2022 Newsmatics Inc. All Right Reserved.