

Feb 16 , 2026 Call Summary

- Amy's question about amino acid consumption was addressed, with the recommendation to drink them all at once like a meal rather than sipping throughout the day to achieve the necessary essential amino acid threshold.
- Karen's exercise recommendation inquiry for a 55-year-old post-menopausal woman was discussed, emphasizing that age is irrelevant compared to factors like hormone status, energy levels, sleep quality, and training consistency.
- Stronger 10 program was recommended as an alternative to Stronger 5 or 7, featuring five total body workouts with scalable difficulty levels and options for two or three strength training days per week.
- Alice's VO2 max improvement question was answered with high intensity interval training being identified as the fastest method, potentially improving VO2 max by 10-15% in five to six weeks.
- Resistance training alone was noted to increase VO2 max by 13% within 21 weeks, while combining resistance training with cardio can achieve 21% improvement in the same timeframe.
- Katie's question about pain's impact on cortisol levels was addressed by suggesting that the frequency of thinking about pain and its impact on daily activities determines the cortisol effect.
- Glute strength and hip mobility were identified as primary solutions for lower back pain, with weak glutes and tight hips often being the root cause rather than the lower back itself.
- Donna's sourdough bread question received a balanced response emphasizing that homemade bread with quality ingredients can have a place in the diet if enjoyed without guilt.
- Shift workers face significant challenges with cortisol rhythm disruption, with consistent night shifts being preferable to alternating between day and night schedules.
- App functionality was clarified regarding downloaded content, confirming that videos remain accessible offline while maintaining membership but PDFs become permanently owned once downloaded.
- Ariane's post-hernia surgery exercise modifications were discussed, recommending seated exercises with lighter weights and tempo training to maintain muscle engagement during recovery.
- Apple Watch VO2 max readings were validated as useful tracking tools for monitoring progress trends, even if not perfectly accurate in absolute terms.
- Omega-3 supplementation was recommended for Carolyn's lipoprotein A diagnosis, with Nordic Naturals suggested and dosages ranging from 1000mg daily up to 3000mg for higher inflammation cases.
- Lab interpretation requests were declined due to scope limitations, with emphasis placed on symptom assessment and exercise prescription being more relevant than lab values for fitness coaching.

