

Feb 2, 2026, Coaching Call Summary

- Linda's question about interval training revealed she gained 5.5 pounds around her middle after doing Stacey Sims' sprint interval training (SIT) for three weeks, despite enjoying the process and progressing in her performance.
- High intensity interval training effectiveness varies significantly between individuals in perimenopause and postmenopause, requiring a personalized approach based on how each person feels and responds to the exercise.
- Linda's weight gain from interval training indicates her stress response and recovery capacity cannot currently tolerate high intensity exercise, suggesting elevated cortisol levels or inflammatory response.
- Proper interval training should involve 30 seconds or less of breathless activity followed by complete recovery, with 4-6 intervals being sufficient without needing to escalate volume.
- Walking can actually decrease cortisol levels unlike high intensity exercise, with outdoor walking providing greater cortisol-reducing benefits than indoor treadmill exercise.
- Cross-country skiing that causes breathlessness during hill climbs does qualify as interval training, but the joy factor and natural movement patterns make it different from structured exercise protocols.
- Katie's question about her fused thoracic spine since age 17 due to scoliosis correction was addressed with recommendations to avoid spinal mobility exercises and focus on areas with natural range of motion.
- Vibration plate settings for stretches like pigeon pose should be kept at the lowest levels (first or second setting) to promote muscle activation and circulation rather than weight loss or bone density benefits.
- Julie's elevated A1C levels could be related to stress, insufficient recovery time, or inflammation, with omega-3 supplementation and continuous glucose monitoring (CGM) suggested as potential solutions.
- Valita's plan to repeat the Stronger 3 program at a slower pace due to preexisting injuries was endorsed, as repeating the same program allows for better progress comparison.
- Members can still join the ongoing CGM challenge by ordering quickly to participate in the second half, with PDF guidelines and group support available inside the membership.
- February's personal challenge involves 10 minutes daily of weighted vest walking with 1% grade increases each minute, demonstrating the principle of setting achievable small commitments.