

Jan 5 2026 Coaching Summary

- Michelle shared that her spondylosis condition has become unstable, causing pain in her back, leg, hip and hip flexors before reaching muscular fatigue during workouts.
- Research demonstrates that postmenopausal women with osteoporosis can safely perform heavy lifting and high-impact exercises, though it's not the only method to increase muscle strength, muscle mass, or bone density.
- Lauren Fishman's yoga study showed that 12 minutes of daily yoga increased bone density by 1% year over year for seven years without increasing load, suggesting muscle tension on bone creates beneficial gravitational forces.
- Studies indicate that leaving reps in reserve while exercising can still be conducive for gaining strength and muscle mass, meaning absolute temporary fatigue isn't required for benefits.
- Moderate exercise provides 75-80% of fitness benefits compared to doing nothing, with additional but smaller gains from progressing to vigorous exercise and minimal additional benefits at elite levels.
- Dr. Stuart McGill's advice "don't be greedy" emphasizes that lifting capacity doesn't necessitate always lifting heavy weights, and current exercise efforts remain extremely beneficial even with limitations.
- Glute medius muscle strengthening through resistance band exercises in lunge position helps address knee tracking issues and muscle imbalances between legs.
- Digestive enzyme supplementation, apple cider vinegar, bitters, sauerkraut, and lemon juice can help stimulate gastric juice production to improve food breakdown for those experiencing fullness.
- Walking serves as a hidden treasure for menopausal women because it burns fat without elevating cortisol, reducing it while supporting blood sugar control and insulin sensitivity.
- Breaking walking into 10-minute increments after meals three times daily proves more beneficial for blood sugar control than a single 30-minute walk.
- Three members volunteered for live coaching sessions scheduled for Wednesday January 14th at 5 PM Central, with instructions to contact support@flipping50.com to secure their spots.
- Sleep study results confirmed mild sleep apnea with decreased oxygen levels, though the CPAP trial caused skin irritation and the patient continues awaiting the doctor's report after a process that began in October.
- Creatine HCL supplementation is recommended over monohydrate due to better absorption and reduced bloating, with the specific product available at flipping50.com/resources.
- Flipping 50 Collagen Boost contains proprietary blend of 4 types of collagen: for hair, skin, nails, gut health, and connective tissue and bone, with consistent daily use for 3-6 months recommended for optimal results.