

July 6 Call Summary

- Protein intake targets were the central topic, with Chris asking whether to base daily protein grams on goal weight (150 lbs) rather than current weight (180 lbs).
- Debra recommended tracking current intake first before setting targets — Chris had already increased to ~110g/day through macro tracking, noticing improved energy and satiety.
- Ideal body weight (not current weight) is the correct basis for protein targets; lean body mass is a stricter alternative, but ideal body weight is the preferred tie-breaker.
- When in a caloric deficit for weight loss, protein should be increased by ~10% above the target to offset muscle loss, which can reach up to 50% of weight lost if unmanaged.
- Research by Bill Campbell, PhD (University of South Florida) supports that increasing protein's share of calories can boost fat burning and preserve lean muscle mass even at low calorie intake.
- Practical guidance for Chris: gradually close the gap from 110g toward 120g/day — roughly 3 extra grams per meal — before pursuing the full 150–165g target.
- Pre- and post-workout nutrition depends heavily on timing; a meal within 4 hours before training generally eliminates the need for a snack, but a small protein source beforehand helps preserve muscle.
- Post-menopausal women are more anabolic resistant and benefit from a small protein intake even before cardio, based on research by Abby Smith Ryan (University of North Carolina).
- Essential amino acids (EAAs) are best used to bridge a protein gap, not stacked on top of already-met targets; plant-based eaters are a key use case due to high carb load from plant proteins.
- Collagen in coffee cannot substitute for high-quality protein toward the 30–35g per-meal threshold — it can only count as an addition on top of that target, not part of it.
- HRV improvement relies on recovery quality: box breathing, adequate sleep, sufficient calories and carbs, stress reduction, and potentially herbal supplements like ashwagandha or maca.
- Strength training recovery should be at least 72 hours between sessions (e.g., Monday/Thursday); ligaments and tendons recover slower than muscles and are a common source of repeat injury.
- For those restarting after a long break, the recommended approach is two weekly strength sessions plus daily walking, then gradually adding one HIIT session only after gauging energy response.
- Mobility work — especially ankles, hips, and upper back — is a foundational priority for longevity and should be incorporated on recovery days alongside stability training.
- A new program called Stronger Too Short Not Sweet is being added to the membership, featuring two ~30-minute workouts (one upper-body dominant, one lower-body dominant) plus longevity snack and mobility sessions.