

June 1 Coaching Call summary

- Purpose of the session: Debra answers pre-submitted member questions on body composition, energy, exercise, bone density, sleep, and metabolism in a prerecorded format.
- Body composition stalls after 6 months of strength training may reflect muscle quality gains rather than mass increases — getting stronger or achieving more reps signals real progress even without scale or scan changes.
- Flipping 50's "My Wellness Score" tracker (energy, libido, digestion, sleep, focus) is a key self-assessment tool to identify whether the root cause is nutrition, training, or recovery.
- Calorie calculator at nutritioncalculator.net helps compare actual intake against estimated needs by age, height, weight, and activity level — chronic undereating is a common hidden cause of stalled body composition.
- Increasing protein is the first lever to pull when calories are low, as evidence suggests higher protein improves fat burning even before total calories are raised.
- Women tend to underestimate their lifting capacity by up to 40%, based on a blindfolded study — reaching true muscular fatigue at the end of every set is the benchmark for training hard enough.
- Afternoon energy crashes in post-menopause are not inevitable; high-protein, lower-carb breakfasts paired with fiber-rich carbohydrates at lunch can stabilize blood sugar and offset the natural cortisol dip.
- Walking remains valuable but has diminishing returns beyond 7,000 steps — strength training should be scheduled first, with walking distributed around it in shorter bouts throughout the day.
- Interval training is supplementary, not foundational — one to two sessions per week of 15–20 minutes is sufficient, and recovery walks do not need to hit a target pace or speed.
- Four pillars for osteopenia: resistance training (progressing to moderate weight over up to 48 weeks), jump training or heel drops (4 sets of 10–20 reps, 5–7 days/week), 300+ minutes of weekly movement, and 12 minutes of daily yoga based on Dr. Loren Fishman's longitudinal study showing ~1% annual bone density gain.
- Poor sleep warrants workout modification rather than skipping — morning exercise after sleep deprivation improves that night's sleep, but high-coordination or balance-intensive movements should be reserved for well-rested days.
- When the scale stalls despite adequate protein, lifting, and activity, a short reset such as the 10-Day Hot, No Bother Challenge can help realign hormonal and metabolic factors.
- Hidden saboteurs worth auditing when weight loss plateaus include excess caffeine, alcohol, and very low-calorie intake — metabolic flexibility can be supported by cycling calories up and down.

