

March 30, 2026

- Flipping 50 Fiber Boost timing depends on use case — take before meals to curb appetite, between meals to prevent energy crashes, or use CGM data to identify blood sugar dips around 1–3 PM. [00:02](#)
- Pre-workout nutrition should be light and easy to digest — closer to workout time means less food, as gut competition reduces oxygen delivery to muscles. [02:52](#)
- High-intensity intervals require fast-digesting carbs (e.g., half a banana with nut butter); fat and high-fiber foods should be avoided pre-workout due to slow gastric clearance. [05:31](#)
- Research by Abby Smith Ryan found postmenopausal women preserve lean muscle better with 12–15g of protein before workouts, even cardio sessions. [08:14](#)
- Undereating long-term slows metabolism — gradually increasing calories signals safety to the body and can help release stored fat. [09:42](#)
- HRV (heart rate variability) measures spacing between heartbeats — higher variability is better; scores vary by device (Fitbit, Garmin, Oura), so users should establish a personal baseline rather than rely on universal benchmarks. [15:23](#)
- Combining HRV data with subjective cues — energy, mood, cravings, stress resilience — gives a more complete picture of readiness than tracker scores alone. [18:19](#)
- Element electrolytes are best consumed between meals, not with food, as excess liquid at meals impairs digestion; those waking urgently at night to urinate may benefit from taking electrolytes by mid-to-late afternoon. [19:46](#)
- Salt rings on clothing or skin after sweating indicate high sodium loss, suggesting a need for higher electrolyte intake; up to 2–3 Element packets daily may be appropriate in hot, humid conditions. [22:39](#)
- Fishman's yoga poses should be held for one minute each (30 seconds per side) based on the study findings — the 12–72 second range was not sourced from Debra. [25:25](#)
- Neck and shoulder activation during upper body workouts signals weak rhomboids — the fix involves retraining scapular retraction, not just post-workout stretching; relevant videos are available free on Flipping 50 TV. [31:11](#)
- No cheaper Power Plate alternative was recommended directly, but members were directed to the community forum where others have shared alternatives like the Life Pro Rumbler 4D Plus (up to 40 Hz). [34:04](#)
- VO2 max requires lab measurement; a timed one-mile walk is a practical field test for cardiovascular fitness available inside the scorecard. [36:40](#)
- Skipping biceps/triceps sequences (4 and 5) is acceptable — compound chest and back movements with heavier loads drive arm development more effectively, and missed workouts should not be doubled up. [43:48](#)