

March 9, 2026 Coaching Call Summary

- Workout repetition strategy explained: each weekly workout is done twice—first session for gauging weights, second for better calibration—but not so often it becomes automatic.
- C15 vs. MitoPure for mitochondrial health: if choosing one, Debra recommends MitoPure (Urithlin A) as the higher-priority investment.
- Dr. Fishman's 12 yoga poses are generally considered recovery-level activity, not high-intensity—though intensity is relative to each individual's current fitness and health state.
- Bent-knee pushups daily are not recommended due to shoulder injury risk; proper form is critical, and rest between sessions is advised if the movement is genuinely challenging.
- Pulling movements (e.g., pull-ups) are preferred over daily pushing exercises like pushups for overall shoulder and upper-body health.
- Red light therapy belts primarily reduce inflammation and pain; Debra used one consistently before stem cell therapy but noted results were difficult to measure definitively.
- 4% cottage cheese is preferable over low-fat for satiety; dropping dietary fat temporarily may be worth testing only if weight loss has stalled and inflammation is suspected.
- Warmup and cool-down videos are already available in the app under a dedicated category and can be dragged into the workout calendar.
- Recommended weekly exercise structure for established members: two strength sessions, two yoga sessions, daily walking (~9,000 steps), plus interval training added once the baseline routine feels solid.
- Interval training guidance: four ~30-second breathless bursts with full recovery in between, introduced one session per week; can be done within a walk or on cardio equipment.
- Book recommendation for nutrition and wellness: "Your Best Shot" by registered dietitian Ashley Koff—covers nutrition, endocrine function, fat vs. low-fat history, and GLP-related topics.
- For tight trapezius and lat activation, Debra recommended bent-arm pullovers, band lat pulldowns, eccentric pull-up negatives, and prone rhomboid activation exercises (palms out, thumbs up, peeling chest off floor).
- Members not yet using the app were encouraged to migrate; warmup/cool-down labels inside the app can be updated based on member feedback identifying unlabeled videos.
- TruEnergy face wand and OneSkin SPF products highlighted as Debra's personally tested skincare tools; both listed at flipping50.com/resources.