

## Q&A 8/1/26

**In the advanced program where we do 2-3 sets of an exercise on the same side of the body vs alternating. I have been wondering the benefits vs alternating. Thanks (Donna)**

- Shorter recovery = working muscle endurance (tone) more, as weight/reps should be slightly lower
- Alternating would allow for longer recovery = working strength more (as you should be able to lift slightly more)
- Combo possible if you can keep track! Strength first (alternating), followed by tone (same side). Would work for 4 sets, for example and split 2 and 2.

**Lighter weights and more reps vs heavier and fewer reps? Mix it up? (Alice)**

- Comes back to components of fitness (strength or muscle tone) as well.
- Lighter and more reps = muscle tone
- Heavier and fewer reps = strength
- A combination does tend to work best!

**Best stretches/exercises for a tight lower back (Jess)**

- Pilates background!
- Stretches = Child's pose, cat-cow, knees to chest, supine spinal twists
- Exercises = glute bridges, bird dog (all fours, opposite arm and leg extend), pelvic tilts (flatten lower back into the floor, release)

**Pros and cons of getting protein from powders and waters vs 'real food' (Donna)**

- Pros =
  - Ease of use e.g. quick, straightforward, no prep
  - Macro breakdown (very high in protein)
  - Portable and easy to measure
  - Particularly useful for vegetarians/vegans (provides a lean source)
- Cons =
  - Potentially less satisfying. Chewing / fibre / fats = longer fullness.
  - Fewer nutrients e.g. usually missing fibre and other vitamins and minerals
  - Higher risk of additives e.g. sweetener
- Conclusion
  - Aim for most of your protein from whole foods
  - Use supplements sparingly and make sure they're good quality (esp. vegetarians)
  - Peanut powder discovery:  
<https://www.chiacharge.co.uk/products/peanut-butter-powder-450g-healthy-high-protein-with-no-added-sugar-all-natural-vegan-powdered-spread>

**How to stop my mind wandering seeking big/visible success and build motivation while celebrating the small wins? (Villy)**

- Both are important but be clear that 12 months is the vision and 12 weeks is the target (you can achieve a lot in both time periods)
- Review both at least every quarter (goal getting process)
- Review even more regularly as well e.g. weekly/monthly, to note smaller wins and progress
- Reframe “Am I there yet?”, “Is this good enough?” e.g. validation questions to “Is this aligned with where I said I’m going?”, “Is this conducive to my success?” e.g. direction questions.
- Small wins matter in relation to direction. Otherwise, they can feel pointless.