Q&A 4/6/26

- Does the body have a set point and how does this affect metabolism/weight loss? (Nicky)

- Oversimplification with a lot of assumptions
- When people lose weight, the body can respond by slightly increasing hunger and marginally reducing daily energy expenditure. This is known as adaptive thermogenesis and is one of the key reasons the concept of a body weight "set point" emerged.
- It is a genuine evolutionary response, where the body is inclined to conserve energy during calorie restriction.
- Metabolism can slow and hormones like leptin (hunger hormone) and thyroid (T3) can decrease, signaling the brain to increase hunger.
- HOWEVER! Importantly, research shows these biological adaptations are not fixed and can be significantly influenced by long-term lifestyle changes.
- Regular resistance training helps preserve and build muscle mass. Muscle tissue requires energy to maintain. Each pound of muscle burns roughly 6 to 7 calories per day at rest, compared to fat which only burns about 2 to 4 calories.
- Strategically eating at maintenance calories boosts leptin and thyroid levels. We're not typically in a deficit 365 days a year!
- This supports a higher resting metabolic rate and helps offset some of the reduction in energy expenditure that can be seen during weight loss.
- Consistent habits around nutrition and physical activity can therefore have a powerful impact on body weight regulation over time and have been shown to have an equal or potentially greater effect on your long-term body weight than any theoretical "set point".
- Phase 3, Week 11: "Does The Body Have A Set Point?" program video
- Research on identical twins separated at birth backs this up and shows body weight is far more linked to lifestyle than genetics.
- "Set Point" in terms of lifestyle is much truer than genetics e.g. it can be challenging to shift habits and behaviours that are very ingrained
- Possible over time though, shown by the hundreds of members who've achieved significant fitness results with Trinity (TOTY)

- Sleep top tips and spotlight on any nutritional/physical sleep disrupters and enhancers (Lou)
- Waking several times a night at age 50+? Should we be sleeping through the night and if so, how is that possible? (Jess)
- Not being able to get to sleep (Rose)

- Greatest improvements in sleep typically come from addressing 3 key areas - hormones, blood sugar balance and circadian rhythm.

1. Hormonal changes (perimenopause/menopause) - declining progesterone reduces the body's natural calming effect and hot flushes and temperature regulation issues can further disrupt sleep.
    a. Consideration of HRT or other natural aids.
    b. Magnesium glycinate - supports relaxation and nervous system regulation.
    c. Melatonin - body’s “sleep hormone”
    d. Herbal blends
2. Blood sugar instability (often linked to 2-4am waking) - overnight blood sugar dips can trigger cortisol and adrenaline release.
    a. Adequate protein intake to support stable blood sugar - how many times is protein our last meal source?
3. Circadian rhythm
    a. Evening wind down routine
    b. Morning daylight exposure - helps regulate circadian rhythm and evening melatonin release.
    c. Cool sleeping environment - sleep requires a drop in core body temperature. Keep the bedroom cool (16-18°C where possible). Have we actually checked this?!