Q&A 27/10/26

1. **What are the best strategies/ tools you can use for time management. It's something I really struggle with and to be more disciplined with my screen time. (Christine)**

- What successful approaches have you guys used in the past?
- Apps
    - Pomodoro - Set timer for focused work, then break. Classic split is 25/5. After four of them, you take a longer break of 15 to 30 mins.
    - Digital Wellbeing (Android phones) IOS Screen Time (Iphone) - turn on and off phone at certain times, set work mode or sleep mode.
- Screen time specifically
    - Add friction = logging out of apps, hiding them in folders, or deleting them from your phone.
    - Turn off all non-essential notifications so your phone stops pulling you back in.
    - Charge your phone outside your bedroom and use a cheap/different alarm clock instead.
- Other time management
    - Time-block your day by assigning tasks to specific calendar slots
    - Choose one to three “must-dos” each morning and tackle at least one before checking email or social media.
    - Use a two-minute rule: if a task takes less than two minutes, do it immediately.
    - Tiny Habits

2. **Should I be paying attention to fascia (what even is fascia?) & lymphatic drainage? seeing lots on my insta feed on this type of thing. (Karen)**

- Fascia is tough, collagen-based connective tissue that wraps your muscles and organs
- SHOW PICTURE
- Sometimes it can be linked to pain, as in plantar fasciitis.
- Claims about “breaking up” fascia, blasting away cellulite, or releasing stored trauma are overblown, because fascia is too tough for rollers or massage tools to physically reshape.
- Foam rolling and massage can still ease soreness and improve flexibility in the short term, likely by calming your nervous system rather than changing the fascia itself.

- Your lymphatic system is a network of vessels that returns excess fluid from your tissues to your bloodstream and plays a key role in immunity.
- SHOW PICTURE
- Lymphatic drainage is a real medical treatment for lymphedema (chronic swelling that can happen when lymph nodes are damaged or removed), but its “detox” and “de-bloat” benefits for healthy people have little evidence behind them.

- Your lymph keeps moving on its own through everyday movement and breathing, because muscle contractions are what pump it along, so being active is the best way to support both systems.
- A lymphatic massage can temporarily reduce puffiness and feel relaxing, which is fine, but the effect is modest and short-lived.

3. **Hi, would love some help on how to balance being active & developing strength whilst not stressing the body (working full time, elderly parents, studying for an MA) (Paula)**

- Choose the right form of training. All exercise will stress the body to a certain extent, but that's generally considered good stress. LIST (low impact weights) over HIIT! SIT possible as this is very short intense bursts.
- Listen to your body on the day. Great to have sessions planned in, but if you're feeling under extreme stress, you can consider alternative exercise (e.g., Pilates, yoga) to help calm the nervous system.
- Actively complete other habits to reduce stress, like gentle walks and meditation.
- You can think of it like a bucket that's being filled up by stress, and you have to do de-stressing activities to tip some of that water out!
- Prioritise sleep - often the first thing to slip with a busy schedule! View it as a key part of your training - that’s when you recover and build strength! So protecting it matters as much as the sessions themselves.

4. **What’s the advice on collagen? Getting so many mixed reviews about taking it v’s it’s all hype for companies to get money. If we should what brand do you recommend. (Nicky)**

- Have any of you guys tried it, and what's been your experience?
- I've always had mixed reviews from members, where some ladies feel it has helped with skin and joints, and some have felt no effect.
- We don’t include it on our Recommended Supplements page! (More section) - https://trinitytransformation.co.uk/recommended-supplements/
- Look for a product that’s third-party tested (for example, with the Informed Sport mark) to verify quality.

5. **About a week ago there was a discussion on the radio about protein powders, albeit about young lads trying to bulk up. One lady said it made her son anemic. I have recently been diagnosed as severely anemic, although mine wasn't due to protein powders but it did make me think. Would you be able to cover if all protein powders are ok or are there certain things we should be looking for? (Tracy)**

- I've never heard of protein powders being directly linked to anemia (most commonly iron deficiency).
- I suppose if someone was using protein powder to an extreme level and also avoiding natural protein sources like red meat, which are high in iron, theoretically, that could affect their iron levels. But they'd have to be doing it to a point over the long term, and in a very extreme way.
- For protein powders, I'd recommend whey protein isolate - the purest form of whey which contains 90% or greater protein in comparison to the 70-80% protein content of concentrate.
- For vegetarian/vegan protein powders, I'd be looking for a blend where more amino acids will be counted to make it a complete source. A pea and rice blend is generally the best choice, and it's the most common combination.
- Iron-rich foods like red meat, eggs, beans, lentils, and dark leafy greens are still important. Get as much protein through natural sources first before going to supplements.

6. Strategies for training with achy joints, particularly knees. Does strengthening the muscles that support the joint help? If yes, then how should one train when the joints are achy. It's a vicious cycle. (Faith)

- Have a really thorough warm-up for the area (I'd recommend beyond what's in the standard Trinity videos).
- Strengthening the muscles that support the joint will definitely help, but it has to be done safely.
- Focus on movements that require more weight on days where the joints feel better, and less weight or isometric on ones where they're achy.
- For knees, this might be something like step-ups on heavier days and leg extensions (with no weight at all or a very, very light weight) or shallow wall sits on days when they're aching.
- You can use a pain scale to guide training. Mild discomfort of up to around 3-4/10 during exercise is generally considered acceptable, as long as it settles within 24 hours and isn't worse the next morning. This helps break the vicious cycle, as you don't have to stop completely whenever your knees ache.
- Too much rest doesn't improve the joints, so the goal is to keep training but adjust the load to how your knees feel on the day.