



Trim Healthy Podcast with Serene & Pearl

Episode 345–Do What You Stink At!

Air Date: 9/6/23 [Click Here to Listen](#)

Quotables:

- *“Don’t look at others that are really good at something and get discouraged. Turn the tables and start where you can! Get the ball rolling.” –Pearl*
- *“If you’re the one that doesn’t know how to do the “healthy eating”–you can be the one with the epic turn around that is helping others!” –Pearl*
- *“Discipline and obsession win out. You may not be gifted at it, but that’s okay. Get engaged. And you’ll win like the tortoise and the hare.” –Danny*

Pearl’s Muscle Rebuild Journey:

Pearl: I’ve always been the ectomorphic body type; smaller bones, less muscle mass. It was obvious as a child (I was always picked last on the team), and then as I grew, I started to engage in body-weight style strength training. And, of course, Serene and I developed the Work-Ins. But I did notice, at a certain point during perimenopause, that I was starting to degenerate in my muscles. Then menopause hit, and my hormones *tanked*. I started losing extreme amounts of body mass; even my glutes were flattening! I tell the whole story in Trim Healthy Wisdom (which is coming out soon).

And so, I got my bloodwork done...And I was fairly happy with the results–however, my doctor wasn’t. He told me I had gotten weak enough and lost enough muscle that it was really concerning for my long-term health – he said it could really compound and affect me in really damaging ways...He said, “You need muscle if you’re going to keep your bone.” He essentially told me that my vitality and longevity were being threatened! It was an important wake up call. I realized I needed to get my muscle mass back. But now, after a year I’m proud to say that I’m a “heavy lifter.” I’ve been fighting back.

My encouragement with all of that is to say: Do what you stink at... Because even though I was the least likely to succeed—I did it! And now I can teach others what I’ve learned! And some aren’t familiar with eating healthily. I say, “Who cares? Now is the perfect time to start. You can be strong at something you’ve never done before.” If something is YOUR weakness (you stink at it) you can embrace it and then it will become your strength.

Serene: Learn to connect the dots between what you LOVE to do and what you're not good at—and you'll experience breakthroughs. Pearl loves research, so she's gotten into exercise with her research "superpower." What are *your* superpowers? Harness them to grow!

Strength Training Knowledge and Tips:

- Get the ball rolling. Don't feel intimidated. Just start somewhere!
- Muscle is your metabolic tissue. Strength training enhances your metabolism. You have to eat more on the whole.
- The more you lift, the more you can eat.
- You do need to increase your amount of protein and essential amino acids (EAA's)
- Trim Healthy is coming out with its own EAA supplement soon.
- EAAs are incredibly important for perimenopausal, menopausal, and postmenopausal women to not lose muscle mass!
- You will begin to look and feel healthier – even your posture is better. You begin to be happy with a sense of flourishing. We should be happy with how God has made us—to be strong, not to be weak.
- Don't just gain muscle for a short-term gain. Let's shoot for sustainable, long-term health!
- Bone health and density is optimized for older women by:
 - Weight training... Weight on the bones is required to mineralize.
 - Protein.
 - Hormonal health
 - If you're at high risk... do all three!
- Pearl recommends [Caroline Girvan's Iron Series](#)
- Pearl and Serene are going to be recording their heavy-lifting sessions as a resource.
- When ladies' heart rates are high, it's not good for cortisol levels.
- Each woman must determine what the healthiest routine is for their workouts – best workout times and best workout rhythms, etc. Same thing with food. Listen to your body.
- Serene does 2 intense workout days, 2 non-intensity workout days.
- Pearl does 3 days of strength training.
- One does have to focus on protein. They both focus on getting an average of 25 grams of protein per fueling (4-5 protein fuelings a day)
- Crossovers (XO's) are a really great meal option when you need to strength-train.

Pearl & Serene mentioned receiving the following as a special gift:

- [Thrive Brew Kombucha Co.](#)



Trim Healthy Product News & Notes Spotlight



[Trim Healthy Optimized Plant Protein Powder!](#)

- ✓ Targeted to fuel lean body mass
- ✓ Precisely balanced amino acid profile
- ✓ 1 serving bio-equivalent to 48 grams of protein
- ✓ Enhanced bioavailability with a 3-gram bolus of leucine to stimulate muscle synthesis
- ✓ 1 net carb

Suggested Uses:

- ✓ Can be used 1:1 in any recipe calling for our original Creamy Dreamy Plant Protein.
- ✓ Oatmeal, stir in 3 Tablespoons after cooking your oats. It's that simple.
- ✓ Shakes & Smoothies
- ✓ Dressings & Sauces

Benefits:

- ✓ High Source of Lean Body Mass Fueling Protein
- ✓ Natural Strength & Energy Booster
- ✓ Fights Inflammation

[Click here for more Trim Healthy Podcast Summaries.](#)