



# Midlife Fitness Must-Dos

# Summary

- Must-Do #1: Design Your Workouts Right
- Must-Do #2: Fuel On Time
- Must-Do #3: Do Less (No, Seriously)
- BONUS RESOURCES

# Design Your Workouts Right

## Your workouts should build you UP, not break you down.

Growing up, we were never taught the importance of MUSCLE. We thought that lifting weights would make us “bulky” and that most of our exercise should be “cardio.”

(How many of us “trained for a half marathon” because we thought it was the pinnacle of fitness?)

In short, most of us looked at exercise as an opportunity to “burn” something—calories or fat. But that approach actually breaks us *down*. Even if you ARE burning more calories or fat that way, you're also breaking down muscle...and muscle is the KEY to a healthy midlife metabolism.

Here's what I believe: exercise is NOT for BURNING or BREAKING DOWN...It's actually for *building*.

Building UP your muscle, to be exact. (At least, if we want to be fit and healthy for the long haul.)

How do we do this: with RESISTANCE TRAINING and SMART, SHORT DURATION CARDIO. This is how you build strength, muscle, power, capacity, metabolic health, and fitness *for the long haul*—and how you avoid things getting progressively MORE frustrating as you age.

### Here's What To Do:

- **Do dedicated resistance training and short (3-5 minute) cardio sessions. Your whole workout session should NOT feel like cardio!** Your SHORT cardio sessions are in the form of sprint or high-intensity interval training AFTER the resistance training is done.
- **Lift heavier!** Your weight/reps will vary based on goals, but in general, if you're able to do more than 12 reps of a given lift, you're not lifting heavy enough!
- **Slow it down.** No need to do it all AFAP (as fast as possible). CrossFit is NOT it! Controlled lifts with plenty of breath-catching time in-between is the exact stimulus you need.

# Fuel On Time

**Have you ever worked out fasted, or waited *hours* after a workout to eat something? Yeah. Don't do that.**

Somewhere in our past, us midlife women got the message that the way to maximize our "results" was to successfully eat as little as possible in the hours surrounding our workouts.

This would force our bodies to "burn fat" (*as in: eat themselves for lunch*), enabling us to shrink ourselves into something resembling those 90's models in our Cosmo magazines.

What this ACTUALLY does? It causes a massive stress hormone spike, drives our metabolism into the dirt, and disrupts the precious hormones we've got left. (*Dramatic, I know...*)

The truth is: we're working out hard, so we need to fuel accordingly so our bodies don't get even more beaten down.

When you have something in the tank before your workout, your body knows it's not starving and recruits the kind of energy that makes your workouts count.

When you eat after your workout, your body uses the raw materials from your food (or supplements) to repair those muscles and build them UP instead of breaking them DOWN.

## Here's What To Do:

- **Don't work out fasted.** At the very least, have a meal in the tank 2-3 hours before your workout. If you're an early morning worker-outer, never be without your Aminos (see BONUS section).
- **Get some protein + carbs within 30 minutes of working out.** A protein shake will do just fine. This ensures your muscles have the raw materials to rebuild *within the ideal time window for women*.
- **Remember that calories don't count the way we think they do.** Sure, maybe you ARE "canceling out" your workout calorie "burn" *in the moment* when you fuel properly. But in doing so, you're building muscles (which burn more calories), increasing your work capacity (which burns more calories) AND promoting recovery (which allows you to progressively burn more calories).

Must-Do #3

# Do Less (No, Seriously)

## Repeat after me: more is not better.

Far too many midlife women are spending HOURS in the gym doing so-called "cardio" and "bootcamp" workouts to maximize their fitness and counter the body composition changes of midlife. I get it!

BUT this approach actually ends up breaking DOWN muscle (see Must-Do #1) and raising stress hormones *in the wrong way* (cortisol is important, but we've got to leverage it right)!

This opens the door to more metabolic dysfunction and frustration—and many of us are feeling that BIG TIME into our 40s.

What we need to do? We need to do LESS.

This means FEWER, more impactful sweat sessions and LESS gonads-to-the-wall workouts, and MORE time for recovery and rebuilding.

THAT is how you leverage your metabolic systems to your advantage.

### Here's What To Do:

- **Do 2-4 workout sessions per week, max.** These sessions should consist of resistance training for 30 minutes to an hour, using any combination of bands, dumbbells, kettlebells, med balls, or plates - whatever you've got!
- **After a few of those sessions, add 3-5 minutes of HIIT or sprints.** You can do this outside, on the treadmill, on the rower, or on the bike.
- **Recover like a boss.** Don't short your recovery! Fuel right (see Must-Do #2), prioritize sleep, and take a damn rest day without guilt. If you want to do more, get a Walking Pad (see Bonus Resources) and walk when you could be sitting.

# BONUS RESOURCES

## For Making It All Easier

- **Daily Aminos +**

I created this supplement especially for women 35+, and it's the biggest game-changer I've found in my 15 years in the industry!

Put a scoop in cold water and drink during workouts to provide the most bioavailable building blocks for your results and recovery.

[Learn More About Daily Aminos+](#)

- **The Own Your Metabolism Community**

This is where you can ask questions about metabolism, connect with others, and get support in reaching your goals for FREE.

[Join The Community](#)

- **The Original Walking Pad**

The best way to level up your fitness without pushing stress hormones is to WALK when you could be SITTING. The Walking Pad is my go-to, and with code WPREALFOODLIZ you can get \$160 off your purchase!

[Learn More About The Walking Pad](#)



# About The Author

Liz Wolfe is a Nutritional Therapy Practitioner, Certified Personal Trainer, *Wall Street Journal* Best Selling author, and award-winning podcaster who believes in an efficient, low-drama approach to wellness in midlife.

She created the Own Your Metabolism program and the Own Your Fitness app, as well as the IdealAge brand of supplements, especially for women 35+.

She was born in 1983.

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