

with BONUS
RESOURCES

Midlife Fitness Must-Dos

from
Idealage

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Always prioritize your health and safety above all else.

Contents

- » Must-Do #1: Smart Fitness
- » Must-Do #2: Fuel on Time
- » Must-Do #3: Do Less (No, Seriously)
- » BONUS RESOURCES

Hey, Insider! Just Curious...

Have you ever prioritized CARDIO over WEIGHT TRAINING?

Have you ever worked out fasted, or waited HOURS after a workout to eat something?

Have you ever felt like you needed to do MORE to reach your goals?

If so, you're not alone.

Somewhere in our past, us 40ish women got a few seriously messed-up messages. Messages like:

The way to maximize our “results” was to do as much cardio as we could—

—and then, eat as little as possible in the hours surrounding our workouts (and to repeat this tactic as often as possible).

Why? Because 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 mags.

Growing up, we were never taught the importance of what we're about to discuss...

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...We were never taught the importance of MUSCLE and STRENGTH, or of FUELING our workouts right.

We were never taught that MORE is not BETTER.

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, or did daily “bootcamp” workouts hoping to “burn fat?”

How many of us looked at exercise as an opportunity to “burn calories”—and would never DREAM of giving ourselves MORE calories before or after a workout ON PURPOSE?!)

We were taught so, so wrong.

We were taught an approach that dysregulates our hormones and our cortisol, drives our metabolism down, and makes it harder to get the body and results we want with every decade that passes.

Let's not do that stuff any more!

These Midlife Fitness Must-Dos will get you started on the path to TRUE fitness, even after 40. The earlier you start, the better. Let's go!

MUST-DO #1: SMART FITNESS

Here's what we 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.)

This is how you build strength, muscle, power, capacity, metabolic health, blood sugar and appetite regulation, and fitness for the long haul—and how you avoid things getting progressively MORE frustrating as you age.

How we do this: with RESISTANCE TRAINING and SMART, SHORT DURATION CARDIO.

Here's What to Do

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!

Be sure to consult a qualified trainer to get you lifting safely.

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.

THEN, do short (3-5 minute) cardio sessions. These cardio sessions (or “mini met-cons,” for the CrossFit folks) are in the form of sprint or high-intensity interval training AFTER the resistance training is done.

Your whole workout session should NOT feel like cardio!

MUST-DO #2: FUEL ON TIME

It's simple: if you want results from your workouts, fuel them!

When you have something in the tank before a workout, your body won't break down precious muscle to keep itself fueled. (*Ever heard the term "skinny-fat?" underfueling is how that happens.*)

When you eat within an hour *after* a workout, your body uses the raw materials from your food to repair muscles and build them UP instead of continuing to break them DOWN.

Translation: with proper fuel, you'll build MORE muscle and get MORE from your workouts, which helps you burn more calories and—even more so—regulate blood sugar for fewer cravings.

Here's What to Do

Don't work out fasted. At the very least, have a meal 2-3 hours before your workout. If you're an early morning worker-outer, never be without Aminos (see BONUS section).

Get some protein + carbs within 30-60 minutes after working out. If you can't have a meal, a protein shake will do! This ensures your muscles have the raw materials to rebuild *within the ideal time window*.

Remember that calories don't count the way we think they do. So maybe you ARE "canceling out" your workout calorie "burn" *in the moment* when you fuel properly. BUT you're also building muscles (which burn more calories), increasing work capacity (which burns more calories), AND promoting recovery (which allows you to progressively burn—you guessed it—more calories).

MUST-DO #3: DO LESS

No, seriously. We need to do LESS.

Daily hard-hitting workouts are a major midlife no-go.

When you don't give your body time to RECOVER, it can't build the muscle or make the metabolic changes we've talked about.

This means you need FEWER, but more IMPACTFUL sweat sessions and LESS gonads-to-the-wall workouts.

It also means MORE time for recovery and rebuilding, and replacing more hard-hitting workouts with low-grade activity like easy walking, mobility work, and gentle movement.

Repeat until it sticks: more is not better.

Here's What to Do

Do 2-4 resistance training 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. (If you're not used to "sprinting," *ease in!*)

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, do low-grade activity (mobility, gentle yoga) or get a Walking Pad (see Bonus Resources) and walk when you could be sitting.

BONUS RESOURCES

To make it all even easier, check out our favorite bonus resources. Full disclosure: we're (proudly) affiliated!

Daily Aminos+

We create IdealAge products to provide women 35+ with game-changing supplements that make us FEEL like the badasses we are!

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

 [Learn More About Daily Aminos+](#)

Own Your Metabolism

IdealAge's signature 6-week Challenge with workouts, meal plans, the bonus Metabolism Expert course, and more.

 [Check Out OYM](#)

The Walking Pad

The best way to level up your fitness without pushing stress hormones is to WALK when you could be SITTING. We SWEAR by the Walking Pad at IdealAge HQ!

Use code REALFOODLIZ for your best discount.

 [Learn More About The Walking Pad](#)

ABOUT THE FOUNDER

Liz Wolfe is a Nutritional Therapy Practitioner, Certified Personal Trainer, Wall Street Journal best selling author, and award-winning podcaster.

She created the IdealAge brand to help women look, feel, and function like the badasses they are...into their 40s and beyond.

She was born in 1983.

