

DURABLE AFTER 40 — STARTER CHECKLIST



Practical strength. Straightforward food. Better recovery. The fundamentals worth keeping on your radar.

MOVE useful strength

- ☐ Strength-train 2–3x per week: push, pull, hinge, squat, carry
- ☐ Walk daily — build toward 7,000–10,000 steps
- ☐ One mobility session a week: hips, mid-back, ankles

FUEL food you can repeat

- ☐ Protein at every meal (roughly a palm-sized portion)
- ☐ Plants at most meals — aim for 25–30 g of fibre a day
- ☐ Water first, caffeine second; keep alcohol modest

RECOVER rest is part of the work

- ☐ A consistent sleep window, 7–9 hours, same wake time daily
- ☐ One genuinely easy day each week
- ☐ A 5-minute wind-down with no screens before bed

HEALTH BASICS know where you stand

- ☐ Annual checkup with bloodwork: blood pressure, cholesterol, blood sugar
- ☐ Know your numbers: resting heart rate, waist, blood pressure
- ☐ Vitamin D through Canadian winters — ask your clinician what's right for you
- ☐ Review supplements (creatine, D3, magnesium are common after-40 talking points) with a qualified professional