

# How to Recomp Your Body At Any Age

## Quick Guide

By Clare Morrow IFBB Bikini Pro



**CREATE A SMALL CALORIE DEFICIT  
(10% off your maintenance calories).**

This works best  
if you are new  
to lifting.

**STRENGTH TRAIN REGULARLY (4-5 x a week)**

**TRACK YOUR FOOD/MACROS (Free macro calculator  
located in link in my bio. I use My Fitness Pal for this.)**

This takes  
time.  
Be  
patient  
with  
yourself.

**EAT GOOD NATURAL CARBS  
(You need carbs for brain function, energy, & recovery.)**

**EAT ENOUGH PROTEIN (1 g per lb of bodyweight/daily).  
\*If you are extra “fluffy” go for your goal weight in grams.**

**SMALL AMOUNTS OF CARDIO (20 minutes or so).**

**\*Do your cardio post lifting or fasted cardio-first thing in a.m. before your first meal**

**\*If you are over 40 make sure to get your hormone levels checked. You will need a wellness Doc for this. DM me on IG @claremorrow\_ifbbpro if you need one that does tele med in the US.**

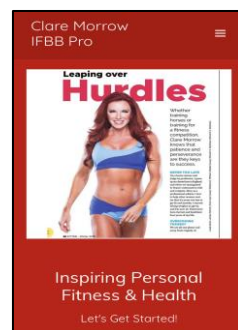


**Subscribe to my You Tube channel  
for more in depth videos that focus  
on how to workout & what to eat.**

**Visit my website  
For a lot more  
helpful, fitness  
info.**



All images are clickable links 😊



**Follow me for more fitness tips @claremorrow\_ifbbpro**

