

YOUR GUIDE TO THRIVING IN YOUR 40S



the FORTIES FORMULA podcast

Your Guide to Thriving in Your 40s

Real Health. Real Confidence. Real Change.

Welcome to **The Forties Formula** - we're genuinely glad you're here.

We're **Jasmin Dhillon** and **Amanda Lim**, two health- obsessed, science-loving, sass-wielding women who - like you - juggle careers, kids, hormones and hectic *everything*.

We started **The Forties Formula Podcast** because we were tired of the vague advice, outdated rules, and unrealistic expectations placed on women in midlife.

This guide is an extension of our mission: to empower you with real tools, grounded science, and the soulful permission to put yourself first. We really hope you love it.

Jasmin & Amanda



Chapter 1

What's Changing: The Truth About Your Body in Midlife

If you have hit your 40s and suddenly feel like you are living in a stranger's body, you are not alone. Midlife is not just about grey hairs and birthday candles. It is a full-body reset that affects your hormones, metabolism, mindset, and even your bones.

Dr. Sundus Hussain-Morgan explains that perimenopause is a whole-body transition. It does not start at 50. It starts *now*.

Your 40s are the wake-up decade when prevention becomes power. This is the phase where sleep gets lighter, moods shift quicker, and energy becomes something you chase instead of have on tap.

But it is also the most powerful time to intervene and support your future health. "This is not the beginning of the end. It is the beginning of deeper, wiser living." Here is what is happening:

- **Hormonal shifts affect your brain, mood, metabolism, and sleep.**
- **Muscle loss begins and accelerates - unless you actively train against it.**
- **Bone density starts declining. Strength and protein become *critical*.**
- **Stress and overstimulation keep your nervous system in survival mode.**

Jieun Wrigley reminds us that gut health, blood sugar regulation, and metabolic flexibility are all affected by these midlife changes. And what we eat, when and how we eat it, can either support or sabotage our transition.

Sha-En Yeo adds another layer. This is not just a physical shift. It is *emotional*. Women in their 40s are carrying some of the heaviest loads: caregiving, careers, relationships, identity. She reminds us that burnout is not a personal flaw. It is a signal. A signal to pause. To feel. To ask what needs to change, not just what needs to get done.

Laura Phillips speaks to the physical stories we carry in our bodies. Shame. Pressure. That persistent internal voice saying we are not doing enough. Movement becomes a negotiation. Strength training becomes a metaphor. Building muscle is no longer about aesthetics in your 40s. It is about self-worth, function, and feeling safe in your own skin.

What we've learned from the combined wisdom of these amazing women & their voices:

- **Perimenopause is not a phase. It is a transformation.**
- **Your body composition, not your weight, is the real health marker.**
- **Stress is not just in your head. It is in your cells.**
- **The decisions you make in your 40s shape how you live in your 70s.**
- **Midlife does not have to be managed. It can be mastered.**

"We have been told midlife is a crisis. It is actually your opportunity to come home to yourself."

Chapter 2

See Food as Self-Respect, Not Restriction

Food in your 40s stops being about rules and starts becoming about relationship. A relationship with your body. Your energy. Your cravings. Your confidence. And perhaps most importantly, your story.

Jieun Wrigley unpacks this beautifully. As a clinical nutritionist, she sees women who are doing “all the right things” yet still feel tired, foggy, or stuck. The problem is not just what they are eating. It is the pressure to eat perfectly, the lack of understanding about what their body actually needs, and undoing years of mixed messages that turn food into fear.

Food is information. Every bite communicates something to your body. If you are still chasing low-calorie or low-fat meals while ignoring your protein, fiber, and hormonal signals, you are working against your biology. What Jieun makes clear is that nutrition in your 40s needs to be *strategic*.

This is the decade when blood sugar regulation, gut diversity, and muscle preservation matter more than ever. Women need protein for their muscles, fibre for their hormones, and healthy fats for their mood and brain. They need to stop eating like they are trying to shrink and start eating like they are trying to grow...muscles!

Sugar also plays a big part here. In **our sugar-focused LIVE episode**, we looked at how cravings are often misunderstood. It is not always about lack of willpower. It is about habit loops. When you are tired, overwhelmed, and emotionally stretched, your brain looks for a hit. Sugar gives it to you. Temporarily. But it also keeps you in a cycle of spikes and crashes that affect your mood, focus, and sleep.

The trick is not to eliminate sugar completely, but to understand when it helps and when it harms. This requires more than just willpower. It needs strategy, support, and softness.

Your health is like a savings account. Every choice you make is either a deposit or a withdrawal. The goal is never perfection, but *progress*. Consider that you build your health with habits – and you build resilience by feeding your body with diversity, colour, and nourishment.

What we’ve learned about what nourishment *really* looks like in our forties:

- **Calories are less important than quality and function.**
- **Protein, fiber, and hydration are your midlife nutrition non-negotiables.**
- **Food can either fuel your energy or drain it.**
- **Sugar is more complex than a craving, but you *do* have control over it.**
- **Eating well in your 40s is not about shrinking your body, but expanding your capacity to live fully.**

Food is not the enemy.
Food is how you show your body that it matters.
That you matter.

Chapter 3

The Power of Movement

Movement in your 40s is not about burning calories. It is about building capacity. About choosing strength over stress. It is about shifting from punishment to partnership with your body.

Laura Phillips a genetics-based coach who helps women in midlife reconnect with their bodies, sees strength training as the ultimate anti-aging prescription. It is not about chasing smaller jeans. It is about being able to carry your shopping, lift your child, or hike with ease.

Strength is function. Strength is *freedom*.

In your 40s, your muscle mass naturally declines, and your metabolism may slow down. That is biology. But it is not your destiny. The research is clear: women who strength train have better bone density, fewer injuries, sharper cognition, and better blood sugar regulation - and why wouldn't you want all of that?

Dr. Sundus reminds us that our bones and muscles are living tissues. They respond to what we do. And if we are not lifting, we are losing. She urges women to prioritise resistance training, twice a week, and to let go of the myth that they will become "bulky."

What you actually get is strength. And with that strength comes true confidence.

Sha-En brings in the emotional side. Exercise is not just physical. It is emotional release. It is presence. It is one of the most accessible ways to support your mental health. She explains that movement changes your neurochemistry. It gives you more energy, better focus, and improved emotional regulation.

What we've learned from the lived experience of these and other amazing guests:

- **Your metabolism is not broken. It just needs more muscle.**
- **Strength training is essential, not optional.**
- **Movement supports mood, focus, and emotional resilience.**
- **You do not need to exercise more. You need to exercise better.**
- **Gentle movement, like walking or yoga, can supplement a strength program.**

*If you are feeling overwhelmed or exhausted, movement
might be the reset your body is asking for.
Start small. Start tight.
But start.*

Chapter 4

Rewriting Your Mindset

By the time you hit your 40s, you are carrying literal *decades* of stories.

Stories about your body. About food. About worth. About what you are “supposed” to be doing. Most of those stories were not written by you - but you are the only one with the power to rewrite them.

Sha-En Yeo, a leading voice in positive psychology, explains that happiness is not a destination. It is not about “fixing” yourself. It is about choosing presence. It is about learning to meet your emotions instead of escaping them.

She also breaks down the myth of toxic positivity. Women in midlife are praised for being strong, for holding it together. But this strength often masks exhaustion, loneliness, and suppressed emotions. Real strength is in softness. In allowing yourself to feel grief, joy, rage, and everything in between.

Laura Phillips adds that self-sabotage often comes from unaddressed shame. Women stay stuck in cycles of restriction, overworking, and neglect because they believe they are not worthy of rest or nourishment. Rewriting the story starts with choosing yourself. Not when the kids are grown. Not when the weight is lost. *Now*.

Dr. Sundus sees this clinically, too. Many women know what to do, but mindset stops them. They are afraid of being judged. Afraid of failing. She encourages women to shift from “fixing” to “curiosity.” Ask yourself: What does my body need? What am I ready to let go of?

What we’ve learned from these take-no-sh*t pros and their straight-talking advice:

- **Your mindset affects your biology. Beliefs change behaviours.**
- **You cannot heal a body you hate. Choose compassion over criticism.**
- **Choosing rest is not laziness. It is strategy.**
- **Emotional expression is just as important as physical health.**
- **You are allowed to rewrite your story at any age.**

*Your 40s are the perfect time to break the cycle
of guilt and self-neglect.*

*To choose a narrative that serves you, rather
than one that punishes you.*

Final Thoughts: Midlife Is Not a Crisis

If there is one thing we hope you take away from this guide, it is that your 40s are not the beginning of the end—they are the beginning of something new, and something *powerful*.

You are not meant to survive this decade by shrinking, silencing yourself, or playing small.

You are meant to take up space. To nourish your body with intention. To move with strength. To think with clarity and compassion. Whether it is redefining your relationship with food, finding joy in movement, managing your changing body, or rewriting old mindsets—this is your invitation to stop waiting for permission. You are allowed to thrive. Now.

What's Next?

Listen & subscribe to The Forties Formula Podcast. We dive deeper into these topics and more, with expert guests, unfiltered chats, and real tools to help you live well in midlife.

Join our mailing list to get exclusive insights, BTS, giveaways, and our weekly newsletter.

Follow Us on Instagram. Stay connected with us @thefortiesformula for daily inspiration, behind-the-scenes, and new episode drops.

Your forties were never meant to be a solo journey. We are in this right beside you.

With you in the messy middle,

Jasmin & Amanda

