

# HEALTHY

*at Every Age*

*Optimize*  
YOUR FITNESS  
& SELF-CARE  
AT ANY AGE



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# WELCOME



Thank you for downloading our guide,  
*Healthy at Every Age!*

If you're looking to optimize your fitness & self-care, you're in the right place.

The fact is, health & wellness is not a "set it and forget it" proposition. What your body & mind want – and need – changes at every age and stage of life.

Taking advantage of your strengths through the decades is smart. So is giving a little extra attention to areas that need some TLC.

We hope this guide helps you navigate the decades with ease, feeling strong, fit, and centered.

*Carlos Payte*



*Hello!*

# Healthy at Every Age FUNDAMENTALS

There are some great wellness tips that work for everyone, no matter your age or gender.

These tips will help create a foundation of health and wellness that you can build on.

- Eat a healthy, balanced, whole-foods based diet, avoiding processed and sugary foods.
- Watch your alcohol intake, limiting your intake to 1 or fewer drinks per day.
- Avoid illegal drugs and misusing prescription drugs.
- Get at least 30 minutes of physical activity most days of the week. Find an activity or two that you really enjoy, to help cement the habit for life.
- Get at least 7 to 9 hours of sleep.
- Wear sunscreen.
- Wear sunglasses.



# Healthy at Every Age

## FUNDAMENTALS

- Have safe sex and use birth control if pregnancy isn't in your plans.
- Reach and maintain a healthy weight.
- Don't start smoking, or get help to quit.
- Wear a helmet when riding a bike and wear protective gear for sports.
- Wear your seatbelt.
- Don't text and drive.
- **Go to the doctor for a yearly checkup. TIP: Keep a list of things you want to discuss in your phone's "Notes" app so you can add to it as questions/concerns occur to you.**
- Make regular visits to the dentist and eye doctor.



# YOUR 20S

## *The Launchpad Decade*



### TOP TO-DO:

Assemble your personal self-care toolkit.

Welcome to adulthood! The 20s are an exciting time, filled with energy, potential, and opportunity. This is a decade to explore and experiment.

Your energy is high and so is your metabolism.

And while that's fun and positive, there also can be a lot of stress.

Moving out on your own ... kicking off a career ... paying bills ... building relationships ... It can feel like a LOT.

**That's why stress management tops the self-care list for your 20s.**

When you're in your 20s, it can be tempting to put off your self-care until "later." Don't wait – you'll be thankful as you get older.

Researchers at Northwestern University found that young people (aged 18 to 30) who were physically active and lived a healthy lifestyle had significantly lower heart disease by the time they reached middle age.

That healthy lifestyle included not smoking, drinking little to no alcohol, and eating a nutritious diet.



# YOUR 20S

## *The Launchpad Decade*

### YOUR 20S SELF-CARE

# Checklist

#### ✓ Learn to destress.

Experiment with meditation, breath work, massage, yoga, or other modalities to help manage stress before it strikes.

#### ✓ Find your fitness.

Establish a fitness routine with weight-bearing workouts/activities you enjoy – and do them regularly. Exercise is a major stress-buster.

If you're worried about the cost of joining a fitness studio or working with a coach, remember this: it's an investment in your long-term wellness (and it also might save you \$\$\$ in healthcare costs in the future).

#### ✓ Eat healthy and nutritious foods.

Learn the fundamentals of good nutrition and put them to use. This is a good time to learn a few healthy recipes that you love. Add to your repertoire when you have time/kitchen space.





# YOUR 20S

## *The Launchpad Decade*

### YOUR 20S SELF-CARE

# Checklist

-  **Make healthy choices for your lifestyle.**

If you take supplements, know what's in them. Remember, whole foods are preferable to food supplements.

Have safe sex and use birth control if pregnancy isn't in your plans. If pregnancy is in your plans, check with your doctor to see about any supplements or dietary changes you should make.



# YOUR 30S

## *Hitting Your Stride*



### TOP TO-DO:

Build on the healthy foundation you created in your 20s.



When you're in your 30s, you're coming into your own. Your energy is still high and you've learned a lot about what you want from life.

You've also likely made steps toward achieving your long-term goals.

**But you might also notice your old routines no longer fit your life.**

For example, you may have more responsibilities (home, career, relationships, family) vying for your time and attention.

You also might notice that your metabolism has started to slow down a bit.

The good news is you can get ahead of these new challenges with a few simple actions!





**"AT 30 YOU FINALLY START  
TO CATCH UP TO THOSE  
DREAMS YOU'VE BEEN  
CHASING FOR THE LAST  
10 PLUS YEARS."**

**– BONNIDETTE LANTZ**

# YOUR 30S

## *Hitting Your Stride*

### YOUR 30S SELF-CARE

## Checklist

#### Upgrade your nutrition.

Adjust your calorie intake to match your metabolism. Add more fruits & veggies. Get rid of the processed/empty calorie foods in your kitchen. Focus on nutrient-dense foods that are rich in vitamins and minerals.

#### Upgrade your workouts.

Make time for workouts most days of the week. Include: **resistance** training to build muscle and improve bone health, **cardiovascular** workouts for your heart, and **flexibility** sessions to keep your muscles balanced and limber.



# YOUR 30S

## *Hitting Your Stride*

### YOUR 30S SELF-CARE

# Checklist

#### **Fine-tune your sleep.**

Added responsibilities can make sleep a challenge. Create a nighttime routine to help you wind down. Remember: Your body works hard while you sleep. Among other things, your brain repairs itself, recovering from the day before and building new pathways to help with memory, focus, and performance. Not only that, but it also releases growth hormone, which helps your body recover from your workouts.

#### **Optimize your time.**

Come up with simple meal planning/prep routines and find workouts that fit into your schedule.

#### **Make room for family.**

If you're planning on expanding your family, follow your doctor's advice on optimizing your hormones and general health.

#### **Manage your stress.**

Include regular meditation, journaling, breath work, or other activities to help manage stress in your life.



# YOUR 40S

*focus on function*



## TOP TO-DO:

Optimize your self-care to conquer this powerful decade.

In your forties, the momentum you built earlier really starts to pay off in your career, relationships, and other activities.

It's time to hone in on the things that make your body feel best. During this decade this sometimes can seem like a moving target.

For example:

- Your metabolism may have slowed down even more
- You may need more recovery between workouts (especially high-intensity)
- You may not be as flexible as you used to be - and might have more aches and pains
- You may have less “you” time as you juggle the demands of caring for family members with your career
- You might start to notice hormonal fluctuations that interfere with your sleep, mood, and that might cause food cravings.

All that being said, you likely don't feel that much different than you did in your 20s!



**"KNOW THAT YOU ARE THE  
PERFECT AGE. EACH YEAR  
IS SPECIAL AND PRECIOUS,  
FOR YOU SHALL ONLY LIVE  
IT ONCE."**

**– LOUISE HAY**

# YOUR 40S

*focus on function*

## YOUR 40S SELF-CARE

# Checklist

 **Pay even more attention to your nutrition.**

- Eat a wide variety of nutrient-rich foods like fruits & veggies and lean proteins to get the micronutrients your body needs.
- Cut back on foods that don't agree with you, which you might find happening more frequently now. Think about adding probiotics to help improve your digestion.
- Adjust your calorie intake to match your slower metabolism.
- Slow down your eating. This helps your body's digestive system and can also help curb overeating.
- Eat foods that fight inflammation, which is linked with many chronic diseases. Consider including healthy fats like omega-3 fatty acids, which also support brain health.
- Talk to your doctor about diet considerations or supplements to improve bone health.



# YOUR 40S

*focus on function*

## YOUR 40S SELF-CARE

# Checklist

### Sculpt a strong & resilient body.

- Make strength and resistance training a priority. This helps slow age-related muscle loss, preserves bone, and it can help your body regulate blood sugar levels.
- Keep your muscles and joints limber through mobility and flexibility workouts. Yoga can be an option that also helps reduce stress.
- Try adding 1 to 2 high-intensity workouts a week. These workouts bring with them a bonus benefits: They help promote the release of muscle-building hormones plus they burn more calories. Explosive exercises (such as plyometrics or kettlebell swings) can also improve muscle elasticity, which reduces as you get older. Work with a coach or experienced trainer to help safely push your limits to improve fitness.



# YOUR 40S

*focus on function*



## YOUR 40S SELF-CARE

# Checklist

 Carve out "you" time.

- This is a time of life when you can feel pulled in many different directions. Try to make time every week for hobbies, fun pastimes, or other self-care activities that you enjoy.
- Keep your brain challenged by learning new skills and trying new things.





# YOUR 50S

## *Stronger & Wiser*



### TOP TO-DO:

Turn wellness into a fun hobby.

This decade is filled with transitions, with changes in your mindset, hormones, energy level, and so much more!

The good news is, you're armed with experience and wisdom to make any changes necessary so that you head into the best years of your life feeling strong.

Here's even more good news: you might have more resources to pursue items on your bucket list, like an adventure vacation, training for a half-marathon, or other event.

**The focus during this decade is to double-down on your wellness as a springboard into future decades.**

Experiment and try new activities. This will keep your routine fresh and fun, which is good for your body, mindset, and your brain.





**"I HAVE CHOSEN TO BE  
HAPPY, BECAUSE IT IS  
GOOD FOR MY HEALTH."**

**- VOLTAIRE**

# YOUR 50S

## *Stronger & Wiser*



## YOUR 50S SELF-CARE

# Checklist

### Embrace your inner athlete.

- Your workouts are more important than ever, even as you might notice a few more aches and pains. This is just one reason why working with a coach is a solid investment in your long-term wellness.
- Get some exercise most days of the week. Mix up your workouts to challenge your muscles and your brain in new ways. Among other things, exercise can help with blood pressure, cholesterol levels, blood sugar control, sleep, and reducing stress.
- Include 1-2 high-intensity workouts a week. High-intensity workouts boost the release of growth hormone, which helps your body repair and recover. They also trigger the release of a neurotransmitter (brain-derived neurotrophic factor) that's responsible for producing new brain cells and improving cognitive function.
- Do at least 2 strength-training workouts a week to help keep your bones strong and maintain muscle mass. Include regular cardiovascular workouts for heart health.
- Mobility/flexibility workouts such as yoga will keep you feeling loose and limber.
- All of these combined can help with balance, which you might notice becomes more of a challenge as you advance through this decade.

# YOUR 50S

## *Stronger & Wiser*



## YOUR 50S SELF-CARE

# Checklist

### Nutrition: quality matters!

- Your metabolism may have slowed yet again, so it's important to adjust your calorie intake to match it.
- Focus on fiber- and nutrient-rich foods such as colorful fruits and vegetables and eat enough protein (10%-35% of your daily calories) to help you maintain your muscle mass. Include essential fatty acids to keep your brain sharp and your eyes healthy. Ask your doctor about adding anti-inflammatory supplements (like turmeric or garlic) to your diet.
- You might notice your digestive system is a little more sensitive than it used to be – avoid foods that bother you, and mention it to your doctor on your next visit.

# YOUR 50S

*Stronger & Wiser*



## YOUR 50S SELF-CARE

# Checklist

### Work on healthy sleep & lifestyle.

- If you find your sleep is disrupted, keep a journal to track the things that interfere with it. Two top offenders: screen time and eating too close to bedtime.
- Make regular visits to the dentist and eye doctor.
- Challenge your brain by reading, writing, learning a new language, playing music, or doing puzzles (the more variety, the better!).



# YOUR 60S

## *Embracing New Opportunities*



### **TOP TO-DO:**

Enjoy an active lifestyle that keeps you feeling fit & vital.

This might be the decade you start a second (or third) career, or pursue a hobby that lights your heart on fire.

Being active is more important than ever now – it's good for your muscles, your heart, and your mind!

It's equally important to listen to your body's cues.

You might notice more aches and pains or longer recovery times after a busy day or a hard workout. Sleep might also become more of a challenge.

Watching for patterns in your everyday symptoms can help you find natural solutions.

For example, if eating too close to bedtime disrupts your sleep, eat your final meal of the day earlier.



**"AGING IS AN  
EXTRAORDINARY PROCESS  
WHEREBY YOU BECOME  
THE PERSON YOU ALWAYS  
SHOULD'VE BEEN."**

**– DAVID BOWIE**

# YOUR 60S

## *Embracing New Opportunities*

### YOUR 60S SELF-CARE

## Checklist

#### Active living is where it's at.

- Try to get some exercise most days of the week, including a wide variety of workouts including weight/resistance training, cardiovascular workouts, and flexibility/balance/mobility work. Mixing things up is good for your adaptability, plus can help you build/maintain muscle, assist with blood pressure, blood sugar and cholesterol control, and so much more. NOTE: Occasionally using machines can help you lift heavier weights with less risk to your joints.
- You can still benefit from high-intensity workouts but limit them to 1-2 days a week so you have plenty of time to recover.
- A qualified coach can help you put together a complete plan that works with your interests, goals, fitness level, and schedule.





# YOUR 60S

## *Embracing New Opportunities*

### YOUR 60S SELF-CARE

# Checklist

 Eat according to your goals.

- Get on a regular meal schedule and focus on high-quality, nutrient-rich foods that prevent or help with health challenges. Talk to your healthcare provider about: such as:

Digestive Issues – talk to your healthcare provider about fiber, digestive enzymes, or probiotic supplements.

Inflammation & Pain – again, speaking with a healthcare provider familiar with your situation about supplementing with omega-3 fatty acids or removing foods that cause flare-ups.



# YOUR 60S

## *Embracing New Opportunities*



### YOUR 60S SELF-CARE

## *Checklist*



#### **Build a support network.**

- Life's transitions keep on coming during this decade. Having a strong base of support can help you navigate losses, pending retirement, and empty nest syndrome.
- Think about joining a social club, group exercise class, running group, or volunteering. You can even consider adopting a pet, which is linked with a variety of health benefits.
- Your healthcare providers – including your doctor, eye doctor, and dentist – are part of that network. Make sure to visit them regularly.

# YOUR 70S, 80S & BEYOND

## *ABC: Active, Balanced & Centered*



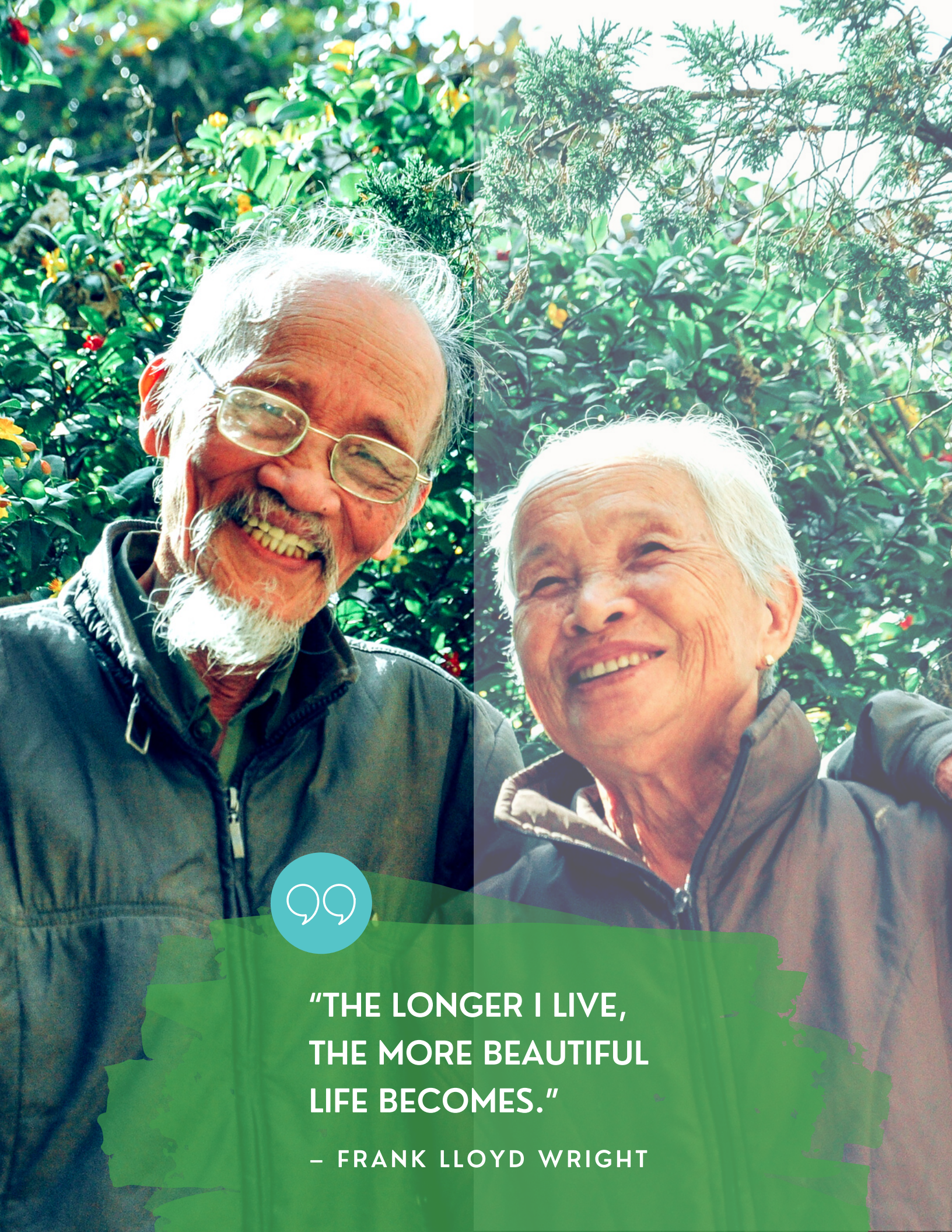
### **TOP TO-DO:**

**Find ways to create more social connection.**

Feeling healthy, fit, and strong during these decades means focusing on everyday routines that add value to your life.

Cultivating a strong social network, staying active, nourishing your body on a regular schedule, trying new hobbies, and regularly challenging your brain – all are important to feeling your best.

It's about embracing the opportunities that come your way, and enjoying all that they bring!



**"THE LONGER I LIVE,  
THE MORE BEAUTIFUL  
LIFE BECOMES."**

**– FRANK LLOYD WRIGHT**

# YOUR 70S, 80S & BEYOND

## *ABC: Active, Balanced & Centered*

### YOUR 70S & BEYOND SELF-CARE

## Checklist

#### Incorporate smart, strong workouts.

- Keep up with your weight training and cardiovascular workouts in a way that feels good for your joints.

Regular workouts are important to maintain muscle mass, which helps keep you strong, active, and vital. They also help guard heart health, improve blood pressure and insulin sensitivity and more! Regular exercise also can help keep your bones strong.

Fact: some days working out might actually mean finding a way to work around aches and pains. If this is an issue for you, be sure to check with your healthcare provider for suggestions. Then, consider finding a qualified coach to guide you through the process.

- Include functional strength and balance exercises in your routine to help you power through your activities of daily life and also to prevent falls.
- Join an exercise or dance class, or a group for hikes or bike rides to add a fun social element to your workouts.



# YOUR 70S, 80S & BEYOND

## *ABC: Active, Balanced & Centered*

### YOUR 70S & BEYOND SELF-CARE

## Checklist



#### **Eat foods that help you function.**

- Get on a regular meal schedule. Eat a variety of nutrient-rich whole foods, especially fiber. If your appetite is declining. And if this is the case, put a note on your calendar to mention to your doctor during your next planned visit.
- While you're at your doctor's appointment, ask about taking multi-vitamin & mineral supplements as well as digestive enzymes if you're noticing gastrointestinal issues with some foods.



#### **Take care of body, mind and spirit.**

- Find ways to include social activities in your daily routine. Volunteer, take (or teach!) classes, and/or find a walking or travel group. Research shows that when our relationships and sense of meaning decline, so does our health.
- Keep challenging your brain in fun, new ways. Write your memoir, memorize dance steps (a proven brain-booster!), read difficult – but rewarding – books, or become a wizard at chess.

# HEALTHY *at Every Age!*



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One word sums up the key to feeling healthy & fit at every age ...LIFESTYLE.

It's the little choices you make every day that help you feel fit, vibrant, and strong ... or leave you feeling tired, blah, and bloated.

If you are ready to take the next step in your fitness journey, I'm here to help! As a thank you for downloading this ebook, I have a special gift for you. Join any of our 6 Week boot camp sessions for only \$97! (new clients only) Email me at [carlos@w3fitness.com](mailto:carlos@w3fitness.com) to redeem. I'd be honored to be part of your support team!

*Carlos Payte*