

Strong, Lean, and Over 40: 4 Essentials

From

By Sarah Wolfe, PT | Everyday Fit with Sarah

4 Simple Tips to Help Women Over 40 Lose Weight

If you're a woman over 40, you've probably noticed that what used to work... doesn't anymore. These four essentials are the foundation I use with every client to help them lose fat, build strength, and feel confident again.

Tip 1: Lift Heavy (Even If You're New)

Strength training is your metabolism's best friend after 40.

- Builds lean muscle, which burns more calories at rest
- Supports bone density and joint health

"Muscle is the engine of your metabolism—fuel it well."

Tip 2: Eat Enough Protein

Protein helps preserve muscle and keeps you fuller longer.

- Aim for 20–30g per meal
- Include lean meats, Greek yogurt, eggs, tofu, or protein shakes

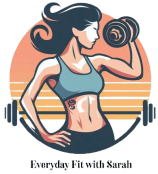
"Don't fear food—fuel with intention."

Tip 3: Treat Sleep Like a Workout

Poor sleep disrupts hunger hormones and recovery.

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- Set a consistent bedtime
- Limit screens 1 hour before sleep

"Rest is not a luxury—it's a fat loss strategy."

Tip 4: Reframe Your Motivation

Forget "discipline." Focus on momentum and self-trust.

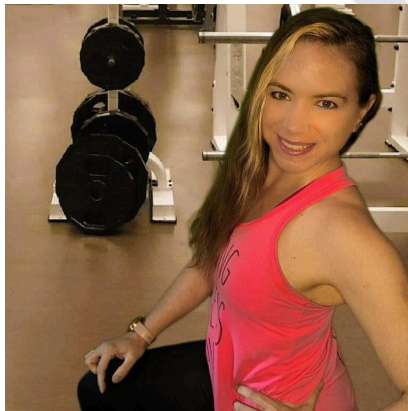
- Ditch guilt-based goals
- Use mini wins to build consistency

"You don't need to be perfect—just persistent."

Your Next 3 Steps:

1. Pick ONE tip to focus on this week
 2. Track it daily (checkmark, journal, app – whatever works)
 3. Celebrate the win and build from there
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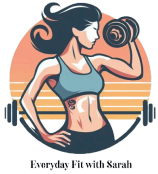
Meet Your Coach:



About Sarah Wolfe, DPT I'm a Doctor of Physical Therapy and women's fitness coach who helps women 40+ lose belly fat, build strength, and feel confident in their bodies again without extreme diets or hours in the gym. My approach blends science-backed training, simple nutrition habits, and realistic routines that fit real life. If

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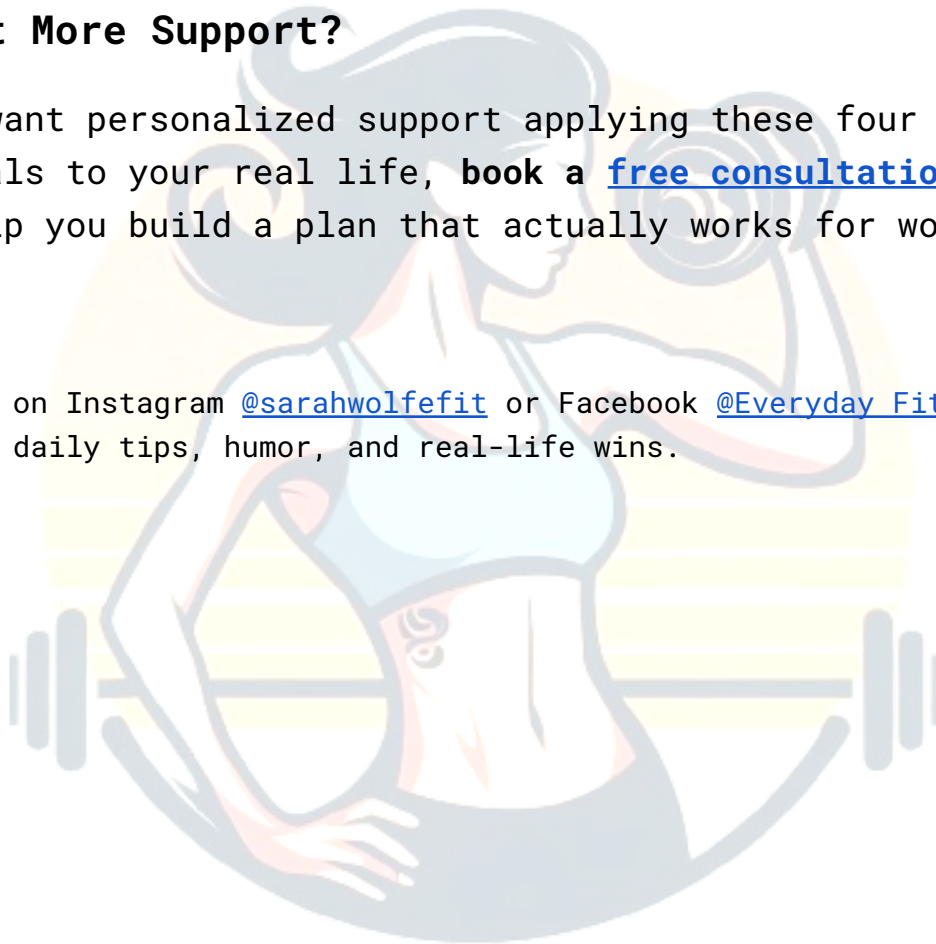
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you're tired of starting over, feeling overwhelmed, or wondering why "what used to work" doesn't anymore, you're in the right place. everydayfitwithsarah.com

Want More Support?

If you want personalized support applying these four essentials to your real life, **book a [free consultation](#)** and I'll help you build a plan that actually works for women over 40.

Follow me on Instagram [@sarahwolfeft](#) or Facebook [@Everyday Fit with Sarah](#) for daily tips, humor, and real-life wins.



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