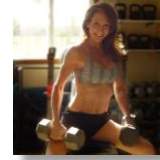


How Woman can Stay Strong and Healthy in Middle Age



1



Strength Training is Key

Build muscle and boost your metabolism by strength training 2-3 times a week. Focus on compound movements like squats and presses for the best results.

2



Add Cardio to Your Routine

Support heart health and energy with regular cardio. Start with brisk walks & gradually add small hand weights, or try intervals — walk faster for a minute, then return to a steady pace.

3



Prioritize Protein

Protein is essential for muscle repair and recovery. Include protein with each meal to stay fueled and strong.

4



Fiber: The Underrated Weight-Loss Hero!

Fiber binds to fats and sugars during digestion, reducing the number of calories your body absorbs. It's a simple yet powerful way to cut calories and stay full!

5



Stay Hydrated

Water is key for keeping your energy levels up and metabolism functioning. Aim for half your body weight in ounces of water daily.

6



Cut Back on Sugar

Refined sugars can speed up aging. Swap sugary snacks for whole fruits and minimize processed foods to feel better.

7



Sleep is Essential

Get 7-9 hours of quality sleep each night for recovery and overall health.

8



Minimize Sitting & Move More

Avoid long periods of sitting by taking movement breaks—“**exercise snacks**.” A quick stretch, walk, or a few squats throughout the day will keep you energized.

9



Stretch & Roll to Stay Flexible

Regular stretching & rolling are crucial to prevent stiffening and tightening. This helps maintain flexibility, range of motion, and reduces injury.

Remember! Taking charge of your health today sets the stage for a long, vibrant life, ensuring you enjoy your golden years to the fullest!

For personalized fitness and nutrition plans, contact me today at **949-424-LYNN**, or through my website **LynnMontoyaFitness.com**.