



## Strength After 40

### Why It Matters — and How You Can Start Now

As we move through our 40s, 50s, and beyond, our bodies naturally change. You might notice stiffness creeping in, slower recovery, or a bit less strength than you used to have. The good news? It's absolutely possible to rebuild and maintain your strength — in ways that feel good and fit your life.

As an **Accredited Exercise Physiologist**, I help women rediscover what their bodies can do through safe, progressive movement. Strength after 40 isn't about lifting heavy weights — it's about supporting your joints, improving posture, and feeling confident in your body again.

## Why It Matters

### 1. Keep Your Strength for Life

From our mid-30s onward, we naturally lose muscle mass — unless we challenge it. Strength training helps you keep that strength so you can stay active, independent, and confident in everything from carrying shopping bags to climbing stairs.

### 2. Protect Bones and Joints

As hormone levels shift through perimenopause and menopause, bone density can decline. Strength work sends the body a powerful “stay strong” signal, helping maintain bone health and joint stability. It also supports balance — a key part of preventing falls and injury later in life.

### 3. Support Energy, Hormones, and Mood

Regular strength-based movement supports metabolism and healthy hormone balance. It can boost energy, improve sleep, and lift your mood. Many women tell me they simply *feel better in their own skin* once they start moving consistently.

Disclaimer: This information is general in nature and not a substitute for individual medical advice. Always consult your healthcare provider before starting any new exercise program.

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#### 4. Recover, Rebuild, and Stay Independent

Whether you're bouncing back from surgery, managing joint pain, or simply want to future-proof your body, strength training is one of the best ways to stay mobile and confident. It's about giving your body what it needs to thrive — now and for years to come.

## How It Helps

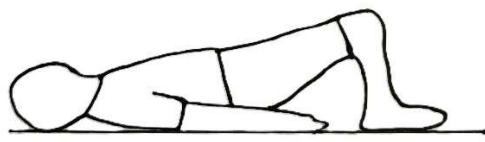
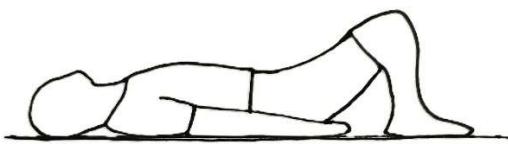
- Maintains and builds lean muscle
- Strengthens bones and joints
- Improves posture and confidence
- Reduces aches, stiffness, and fatigue
- Supports long-term health and independence

## Simple Moves to Try

These gentle, adaptable movements are suitable for most women starting or returning to strength work:

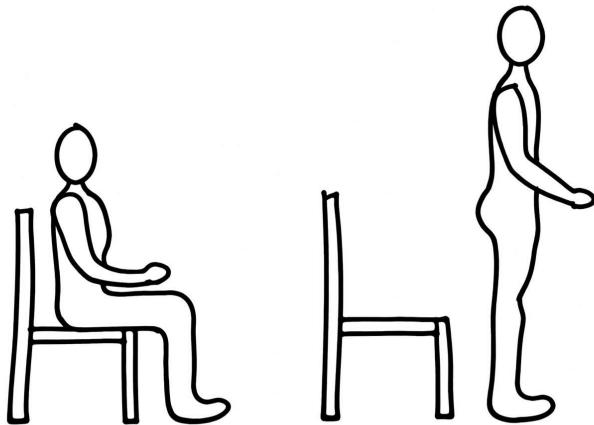
### **Glute bridge** — Strengthens hips, glutes, and lower back.

Lie on your back with knees bent, feet flat on the floor. Gently lift your hips, squeeze your glutes at the top, then lower with control.

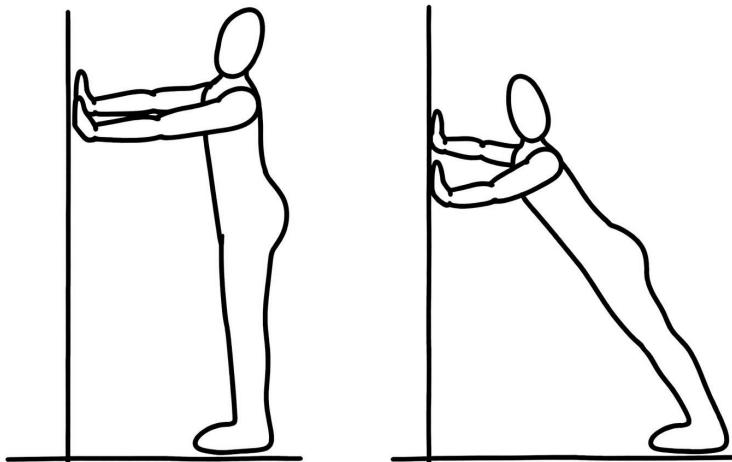


**Sit-to-stand** — Builds leg strength using your own bodyweight.

Start seated in a chair, drive your hips forward and squeeze your buttocks to come to standing in front of the chair. Sit back down into the chair and then repeat.

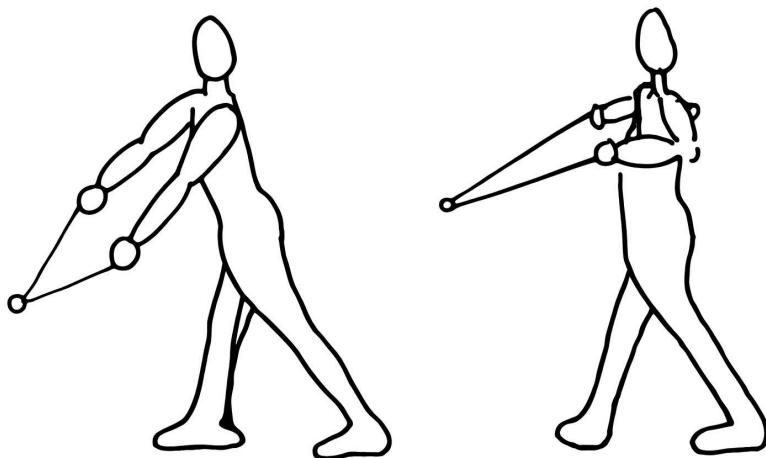
**Wall push-up** — Improves upper-body strength safely.

Standing in front of a wall, place your hands out wide on the wall at shoulder height. Keeping your hands on the wall, take a step backwards – this is your starting position. Lower your body towards the wall and then push back out, repeat.



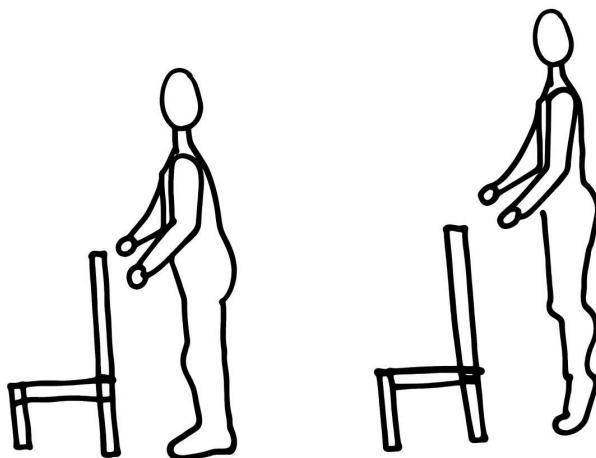
## **Standing band row** — Supports posture and upper-back tone.

Loop band around a pole or over a door handle, stand with your feet planted on the floor in a split stance (feet shoulder width apart but with one foot forward and one back) at a distance from the band where your arms are out straight in front of you. Bend your elbows to pull your hands back towards your arm pits, release with control and repeat.



## **Calf raises** — Strengthens calves and improves balance.

Standing near a wall or behind a chair, in case you need support, with feet shoulder width apart, come up onto the ball of your foot, activating your calf muscle and then slowly lower down so your heels are back on the ground. Repeat.



Start small, focus on control and quality of movement, and build gradually as you feel stronger. If you're not sure where to begin, I can help design a plan that fits your body, your goals, and your stage of life.

## The Takeaway

It's never too late to build strength. In fact, your 40s, 50s, and 60s are the *perfect* time to start. With the right approach, strength training becomes an empowering way to care for your body — improving not just how you move, but how you feel every day.

## Let's Get You Started

Ready to feel stronger and more confident in your body?

I can help you start safely and build a plan that fits your lifestyle — no gym membership or intimidating routines required.

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