The Ideal Weekly Workout Schedule for Women Over 50 Transcript

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Introduction to fitness

Whether you're trying to Whether you're trying to weight train weight train for muscle strength, for muscle strength, bone density, bone density, simply for better simply for better longevity, or longevity, or perhaps to perhaps to reduce the reduce the symptoms of menopause, symptoms of menopause, you want to do it you want to do it right. So what does a right. So what does a perfect perfect perfect week look like for a woman 50 week look like for a woman 50 and older? I'm and older? I'm Debra Atkinson, and in Debra Atkinson, and in this video I'm going to this video I'm going to walk you through it, walk you through it, based on based on guidelines and guidelines and recommendations, as well as recommendations, as well as your personal your personal needs. And how needs. And how to understand if to understand if it really works for you.

it really works for you. Because if not, you Because if not, you don't have to don't have to follow the follow the follow the established norm. established norm.

So, below I'll tell you So, below I'll tell you how to change your approach how to change your approach if you're if you're not feeling well and you not feeling well and you really want to get really want to get to the heart of the matter. So you can. So you can use use use science-based science-based science-based recommendations to recommendations to maintain muscle maintain muscle strength and mass for strength and mass for body composition—trust me, body composition—trust me, you need muscle you need muscle mass—and for mass—and for bone density. You want to bone density. You want to be able to be able to follow these follow these recommendations, but recommendations, but only if you only if you feel well.

feel well.

Components of fitness

So if not, we So if not, we need to figure out need to figure out why, and I'll tell you what why, and I'll tell you what to do if you're not getting enough to do if you're not getting enough sleep, something sleep, something hurts, or you're hurts, or you're feeling feeling feeling extremely extremely extremely cranky. So, cranky. So, let's start with let's start with the recommendations.

the recommendations. The guidelines advise The guidelines advise us to perform certain us to perform certain types of physical types of physical activity that you are activity that you are well aware of. And there are well aware of. And there are certain components that are certain components that are more related to more related to skills, which we skills, which we previously only talked about previously only talked about with those who were involved in with those who were involved in sports and sought sports and sought high results.

Well, here we are, 40 Well, here we are, 40 years after starting years after starting my career in my career in strength and strength and conditioning conditioning conditioning,,, teaching, and teaching, and kinesiology, and now kinesiology, and now sports are becoming a thing for sports are becoming a thing for people of all ages. So, we people of all ages. So, we all need them all need them. So we'll. So we'll talk about strength, talk about strength, power, power, power, mobility, mobility, mobility, stability, stability, stability, agility, and agility, and cardio endurance.

Not necessarily in Not necessarily in that order, but that order, but we need all of these we need all of these components. components. components. You may not You may not think about think about power or power or agility as often as you do about agility as often as you do about other things. But we will other things.

Strength training guidelines

But we will add it to our add it to our plan and talk plan and talk about how often, about how often, how much, and

what it how much, and what it looks like throughout the looks like throughout the week. So, number week. So, number one is strength. We one is strength. We need strength and need strength and cardio endurance.

These two aspects are These two aspects are most related to most related to your longevity and your longevity and its improvement. Not its improvement. Not only to live longer, but also to only to live longer, but also to live better live better during that time.

during that time. The strength of your hips or The strength of your hips or lower body is lower body is not only not only directly directly directly related to how you related to how you get up from a get up from a chair, it correlates chair, it correlates with the health of your with the health of your brain. So, thinking brain. So, thinking about the risk of dementia or about the risk of dementia or Alzheimer's disease: Alzheimer's disease: the more muscle we have in our the more muscle we have in our lower body lower body, the better for, the better for all of us. So, all of us. So, how much? How often? What should how much? How often? What should you do?

you do? Full- Full- Full- body strength training twice a week, according to new, according to new recommendations from the recommendations from the recommendations from the American American American College of Sports College of Sports Medicine. They are Medicine. They are essentially writing a “Bible” —a position statement that —a position statement that outlines outlines outlines recommendations. They recommendations. They just updated these just updated these guidelines in March guidelines in March 2026. Twice a 2026. Twice a week is the minimum.

week is the minimum. However, I want to say However, I want to say this to all women over this to all women over 40, especially if you are 40, especially if you are going through the going through the turbulence of turbulence of turbulence of menopause. You have menopause. You have insomnia, you insomnia, you sleep poorly, you can't sleep poorly, you can't fall asleep or stay fall asleep or stay asleep, you have hot flashes, asleep, you have hot flashes, night sweats, night sweats, you feel you feel brain fatigue, muscle pain.

brain fatigue, muscle pain. Estrogen plays a Estrogen plays a role in all of these role in all of these processes. And as processes. And as its levels drop, not its levels drop, not every woman, but many every woman, but many women will experience some women will experience some of this. So I want of this. So I want you to understand: you to understand: twice a week is the twice a week is the minimum, but for minimum, but for many women it is many women it is also the optimal also the optimal option. I see you option. I see you perfectionists. I perfectionists. I know you. I am you. I know you. I am you. I like bigger like bigger loads too. But there loads too. But there are times, weeks, are times, weeks, months when I months when I take care of elderly take care of elderly parents, have parents, have adult children who have adult children who have become become become parents themselves and parents themselves and need my need my help, run a help, run a business, have a lot of business, have a lot of things to do, a house, a dog, and things to do, a house, a dog, and all the things you all the things you know: relationships, know: relationships, peaks at work, or peaks at work, or maybe a job change. When all this is. When all this is weighing you down, it weighing you down, it might be worth might be worth slowing down, and slowing down, and twice a week is the twice a week is the best you can best you can do, as do, as our ability our ability to recover to recover decreases as we age. This doesn't decreases as we age. This doesn't mean we mean we can't be in shape.

can't be in shape. We definitely can. But to be in But to be in the best shape possible—not the best shape possible—not comparing yourself to comparing yourself to yourself in your 20s or 30s, but yourself in your 20s or 30s, but to be as to be as fit as possible now, and for many, even in better even in better shape than ever.

shape than ever. You need You need rest between rest between workouts, and we workouts, and we need a little need a little more time to more time to recover. Our " mechanisms" are already a bit mechanisms" are already a bit worn out. We are not so worn out. We are not so stable anymore. The muscles, stable anymore. The muscles, ligaments, and tendons ligaments, and tendons around the joints that around the joints that connect muscles to connect muscles to bones—they bones—they bones—they lose lose lose elasticity.

elasticity. elasticity. Partly this is due to age… This is partly a more important factor for women This is partly a more important factor for women than for men, than for men, due to decreased due to decreased estrogen levels.

Estrogen estrogen levels. Estrogen played a really played a really protective role in this.

protective role in this. If you are undergoing If you are undergoing hormone therapy, hormone therapy, you are probably in a slightly you are probably in a slightly better position. You better position. You have the advantage when it have the advantage when it comes to these things.

comes to these things. But let's get back to But let's get back to strength training strength training twice a week. twice a week. The difference over the past 10 The difference over the past 10 years has become very, years has become very, very obvious. I very obvious. I wrote about this in three of wrote about this in three of my books for my books for women going through women going through menopause. The difference menopause. The difference between two and three between two and three workouts per workouts per week for strength week for strength training is negligible.

There is no difference There is no difference in large meta- analyses of many analyses of many studies. studies. studies. There is no difference. So, some There is no difference. So, some studies studies studies show success with show success with three sessions per three sessions per week, but others week, but others show the show the same success with two.

So it may be a So it may be a personal choice, personal choice, but I also advise but I also advise taking measurements. Measure your Measure your muscle mass and muscle mass and body composition, but also body composition, but also assess your assess your energy levels and desire energy levels and desire to be active to be active throughout the day. You throughout the day. You shouldn't lie on the shouldn't lie on the couch or couch or rest just rest just because you've because you've worked out. You worked out. You should have more should have more energy, strength, energy, strength, vitality, and vitality, and be ready for action.

be ready for action. You have to be the You have to be the most energetic most energetic most energetic person in the room. person in the room. Evaluate your Evaluate your progress using both progress using both objective and objective and subjective subjective subjective indicators. You indicators. You can say that you can say that you feel feel feel discomfort. Maybe discomfort. Maybe you need to take a you need to take a step back and then step back and then come back. And this is a come back. And this is a wise decision. So don't wise decision. So don't exhaust yourself and don't exhaust yourself and don't drive yourself into a dead drive yourself into a dead end. So, strength end. So, strength training twice a training twice a week: if you week: if you feel good, feel good, love it, love it, recover and recover and get get get results, you can results, you can train three times.

You can do more if You can do more if you split your you split your program. However, program. However, recovery is still a recovery is still a general resource of the general resource of the body. Yes, you body. Yes, you can train your can train your upper body upper body one day and your lower body the one day and your lower body the next. This way, you next. This way, you give your give your upper body a rest.

upper body a rest. You can tell You can tell me that this is me that this is called split training. And that's training. And that's true, but for a woman true, but for a woman who feels tired and doesn't who feels tired and doesn't sleep well, sleep well, recovery is a recovery is a whole- whole- whole- body process. My 43 years of body process. My 43 years of experience show that experience show that women are better off women are better off training twice a training twice a week at a high enough week at a high enough intensity, intensity, intensity, working hard, and working hard, and then then then recovering properly to recovering properly to feel, "I can feel, "I can play golf, play golf, pickleball, walk, I pickleball, walk, I feel good, I feel good, I get a lot done, get a lot done, maybe clean the maybe clean the house." I don't house." I don't do this, but maybe do this, but maybe you do. These things are you do. These things are also important. So, you will you will do strength do strength exercises two to three times a week. You can exercises two to three times a week.

Integrating power

You can use use use strength exercises strength exercises directly to directly to develop power. develop power. So, let's say I'm So, let's say I'm doing doing doing dumbbell curls, working dumbbell curls, working on strength, pretty on strength, pretty slowly and slowly and controlled, controlled, controlled, completely at a set completely at a

set pace, right? If I pace, right? If I want to add want to add power, I power, I 'll do the lift 'll do the lift sharply, we call sharply, we call it a concentric it a concentric contraction. We are contraction. We are doing this doing this as soon as possible. We as soon as possible. We add power while add power while maintaining control.

maintaining control. We slow down at the We slow down at the end point. Now end point. Now I control the movement and I control the movement and slowly lower the slowly lower the weight. It's not that it's weight. It's not that it's fast. But it adds fast. But it adds power. If this is power. If this is uncomfortable for uncomfortable for your joints, you can your joints, you can add power by add power by jumping.

jumping. jumping. This is a plyometric This is a plyometric exercise. We call exercise. We call it pushing it pushing off the ground, just from off the ground, just from floor to floor.

Or I can jump Or I can jump here onto my power here onto my power platform or onto the bottom platform or onto the bottom step at home. You can step at home. You can do many different do many different things. You can take a things. You can take a medicine ball, it's a medicine ball, it's a weighted ball, and weighted ball, and throw it on throw it on the floor with force. This is also the floor with force. This is also power. Many power. Many things you already things you already do can do can build strength. We used to think that. We used to think that only athletes needed this only athletes needed this, but aging is your sport.

is your sport. Playing golf. Playing golf. The speed of The speed of the swing is important there, and the impact itself the swing is important there, and the impact itself is the power. Playing is the power. Playing pickleball is also a bit of a pickleball is also a bit of a powerhouse. The powerhouse. The better you are, the more power you probably have. So, if power you probably have. So, if you want to get better, you want to get better, strength training that strength training that develops power develops power will be beneficial. Strength and will be beneficial. Strength and power can be power can be trained within the trained within the same session. It doesn't same session. It doesn't necessarily have to be different necessarily have to be different workouts or exercises workouts or exercises for a break. Maybe the for a break.

Cardiovascular fitness

Maybe the next day you'll next day you'll work on work on cardio endurance. cardio endurance. Many of us grew up Many of us grew up doing doing doing moderate- moderate- moderate- intensity exercise. Somewhere intensity exercise. Somewhere along the lines of "the pulse along the lines of "the pulse should be neither too should be neither too high nor too high nor too low." Now we low." Now we think that walking at think that walking at your own pace is also your own pace is also cardio, cardio, cardio, right? We breathe right? We breathe more often.

more often. Blood circulation is better than when Blood circulation is better than when you are sitting. So, you're you are sitting. So, you're doing doing doing low-level cardio.

low-level cardio. The advantage is that The advantage is that cortisol levels cortisol levels usually decrease usually decrease after walking at after walking at your own pace your own pace because you are because you are using up using up using up circulating cortisol. So, if you need to. So, if you need to relieve stress, you've relieve stress, you've had a fight, had a fight, the answer is always the the answer is always the same: go for same: go for a walk and a walk and get moving. At the other get moving. At the other end of the spectrum is high-intensity high-intensity high-intensity interval interval interval training: training: training: alternating between breathing " at the limit" for 30 at the limit" for 30 seconds or less and seconds or less and full recovery.

full recovery. Full recovery is not Full recovery is not based on based on heart rate. heart rate. You can focus You can focus on your pulse, but it's not on your pulse, but it's not always productive.

always productive. The pulse lags behind, it is not The pulse lags behind, it is not always accurate, but always accurate, but it is better to make sure it is better to make sure that you can close your that you can close your mouth and breathe only through your mouth and breathe only through your nose. You have recovered. And then you. And then you continue again.

continue again. Four to six of these Four to six of these intervals before you're out intervals before you're out of breath, and I know that of breath, and I know that may seem like a may seem like a very high very high intensity, but intensity, but many women many women really enjoy it.

really enjoy it. It's great for your It's great for your brain. You secrete a brain. You secrete a substance called substance called BDNF, BDNF, BDNF, brain-derived neurotrophic factor. This is a brain-derived neurotrophic factor. This is a neurotransmitter. It neurotransmitter. It helps your helps your attention, concentration, attention, concentration, slightly improves slightly improves memory, plasticity, i.e. your, i.e. your ability to learn, ability to learn, focus, and focus, and be more creative.

be more creative. So, if you have a So, if you have a big project, big project, do a short do a short high-intensity high-intensity high-intensity interval interval interval workout to saturate your workout to saturate your brain with oxygen. Your brain with oxygen. Your mood mood mood will also improve, and you'll will also improve, and you'll feel lighter than many women than many women who say they don't feel as don't feel as good after prolonged moderate-intensity endurance exercise. Check it out for yourself, but these low and, but these low and high loads are a great way are a great way to increase your VO2 to increase your VO2 max, your level of cardiovascular endurance. This doesn't endurance. This doesn't mean that moderate mean that moderate exercise is exercise is n't necessary at all, but these n't necessary at all, but these two options—a lot of two options—a lot of walking and high walking and high intensity—provide intensity—provide intensity—provide the most benefit for the the most benefit for the time spent. So, time spent. So, if you like if you like moderate exercise, it moderate exercise, it suits you, and gives you suits you, and gives you a lot of energy, a lot of energy, you can keep it in you can keep it in your schedule. The choice is your schedule. The choice is yours. So, strength, yours. So, strength, power, power, cardiovascular endurance, what about "snacks"?

Mobility and posture

, what about "snacks"? We want to talk We want to talk about mobility, because about mobility, because we used to call it we used to call it flexibility. You do a shoulder-width arm stretch, shoulder-width arm stretch, stretching stretching stretching by lowering one arm, by lowering one arm, pulling the other up and pulling the other up and trying to bring trying to bring it back. We it back. We are actually are actually stretching the upper stretching the upper body, body, body, working all the working all the joints through a full joints through a full range of motion. We range of motion. We don't have to don't have to compare your compare your flexibility to mine and flexibility to mine and see if I can see if I can reach my toes reach my toes. It is important to us whether. It is important to us whether you can you can move smoothly in each move smoothly in each joint, so that any movement you make is any movement you make is more comfortable and the more comfortable and the results are better.

Therefore, such exercises should be Therefore, such exercises should be regularly included regularly included in your warm-up. in your warm-up. Warm up before Warm up before strength strength strength training, before training, before cardio, and cool down cardio, and cool down. It's also. It's also worth adding a few worth adding a few mobility mobility mobility or flexibility exercises.

Done. This has already Done. This has already been taken into account. But as you been taken into account. But as you age, if you're not age, if you're not doing strength training doing strength training or or or high-intensity high-intensity high-intensity interval interval interval training, I recommend training, I recommend dedicating 5-10 minutes dedicating 5-10 minutes daily to daily to mobility exercises. There are three mobility exercises. There are three joints I joints I recommend paying attention to: recommend paying attention to: your ankles, your ankles, hips, and upper hips, and upper back. We don't think of it as a think of it as a joint very often, but in the area of ??the joint very often, but in the area of ??the shoulder blades, in the thoracic spine shoulder blades, in the thoracic spine, we, we lose mobility. You should be. You should be able to able to able to turn around, so turn around, so you can turn you can turn to the wall directly behind to the wall directly behind you, put your you, put your hands on it, or just hands on it, or just imagine it. You can imagine it. You can turn around, you can turn around, you can lie on the floor and lie on the floor and do the “shell ” exercise, opening your ” exercise, opening your chest. All of these exercises are chest. All of these exercises are useful for useful for functional functional functional tasks; Even though I know tasks; Even though I know we're all we're all looking at the camera in our looking at the camera in our cars these days, I still always cars these days, I still always look back look back before pulling out of the before

pulling out of the driveway driveway driveway to check for to check for children or children or animals. I think it's a animals. I think it's a useful skill, useful skill, so it's worth so it's worth making sure you making sure you maintain that maintain that mobility. When we mobility. When we constantly work at constantly work at the keyboard, the keyboard, on the phone, washing on the phone, washing dishes, preparing food— all this in front of us, all this in front of us, we become more we become more slouched. Because of this slouched. Because of this posture, we lose posture, we lose some of our some of our mobility right here.

So if we So if we open up and open up and focus on this focus on this mobility, we mobility, we improve posture, improve posture, which reduces the risk of which reduces the risk of fractures in the fractures in the upper thoracic upper thoracic spine, where spine, where they occur they occur most often. So, most often.

Stability and balance

So, we have strength, we have strength, power, power, cardiovascular endurance, mobility, and it's all, mobility, and it's all in warm-ups, cool-downs, in warm-ups, cool-downs, and a few minutes of and a few minutes of light activity light activity every day. What remains is every day. What remains is balance or balance or stability. Now I stability. Now I call it stability more often call it stability more often than than than balance. You can balance. You can stand on one leg stand on one leg and walk around the house, but no and walk around the house, but no one falls while doing one falls while doing so. You know, the so. You know, the only time only time you do it is in the you do it is in the yoga studio in yoga studio in tree pose. Here's the tree pose. Here's the thing: your center thing: your center of gravity is somewhere near your of gravity is somewhere near your belly button, and your support is your feet. So, if you're is your feet. So, if you're standing on two feet right now standing on two feet right now, you're just, you're just standing. Look.

standing. Look. Do it. Truth? Do it. Truth? If you stand a little If you stand a little wider, you are a little more wider, you are a little more stable. The stable. The support area is the space support area is the space around your feet, around your feet, along the outer along the outer contour, connected by contour, connected by lines. If I stand lines. If I stand with my legs together, I have with my legs together, I have less less less support area. And if I support area. And if I lift one leg, the lift one leg, the support area becomes even support area becomes even smaller, right? We want smaller, right? We want to work on this, to work on this, but as long as my center but as long as my center of gravity is over the of gravity is over the support area, I'm pretty support area, I'm pretty stable. So, stable. So, when you go to yoga, when you go to yoga, realize that it's realize that it's not about the "tree" position, but about a position,, but about a position, for example, on one for example, on one leg, where the center of gravity is leg, where the center of gravity is no longer above the foot, and the no longer above the foot, and the support area is only one support area is only one foot, so it's foot, so it's smaller. These changes, smaller. These changes, moving from moving from stability to stability to less stability less stability as you enter and as you enter and exit poses—this is the exit poses—this is the most valuable thing you most valuable thing you can do.

You may not You may not like like like dynamic yoga because of the dynamic yoga because of the strain on your strain on your wrists and shoulders, wrists and shoulders, but try to but try to move smoothly into move smoothly into and out of poses, as and out of poses, as it is a great it is a great stabilization exercise. And yes, stabilization exercise. And yes, use support if needed.

if needed. Place your Place your fingertips on furniture or a fingertips on furniture or a sofa and provide sofa and provide yourself with the necessary yourself with the necessary support. Okay, are you support. Okay, are you following the train of following the train of thought? So, we have thought? So, we have strength training strength training twice a week.

twice a week. Include Include Include strength exercises or add them strength exercises or add them to jumping or sprinting to jumping or sprinting during during during cardio workouts.

Additionally, Additionally, you are mobile most days of the week you are mobile most days of the week. And stability exercises are easy to incorporate into your are easy to incorporate into your warm-up, or even better, into your warm-up, or even better, into your cool-down, or you cool-down, or you can take can take can take special classes special classes if you like yoga. That's if you like yoga. That's great, but it doesn't have to great, but it

doesn't have to be be be yoga. If someone doesn't yoga. If someone doesn't like yoga or like yoga or it doesn't align with it doesn't align with your spiritual your spiritual practices—that's perfectly practices—that's perfectly fine. Just fine. Just stretch.

stretch. stretch. Think of it as something else Think of it as something else you you you do. do. do. Give it Give it a little more time. There are a little more time. There are other activities, other activities, such as Pilates, such as Pilates, that also improve that also improve your mobility.

your mobility.

Agility and reaction

Now let's talk about Now let's talk about agility. agility. agility. Agility is a " cousin" of cousin" of power, but power, but it actually it actually means speed of means speed of movement. Ability movement. Ability to react quickly. By to react quickly. By the way, if you play the way, if you play golf, do golf, do you need agility? No. And you need agility? No. And if you play if you play pickleball, racquetball, or pickleball, racquetball, or tennis—do tennis—do tennis—do you need agility? Yes.

you need agility? Yes. It is inherent in these It is inherent in these sports. If you sports. If you 're working on 're working on agility with a agility with a special ladder, do special ladder, do you see the tiles on you see the tiles on the floor right here?

the floor right here? I have a tile that I have a tile that can serve as my " dexterity ladder." I can just I can just move my feet: move my feet: right, left, right, left, right, left, right, left, right, left in right, left in each sector.

each sector. Then I can Then I can go back and go back and go left, right, left, right,, left, right, left, right left, right through these same sectors. And through these same sectors. And then I can move then I can move inward, outward inward, outward sideways and forward, sideways and forward, inward and outward again, inward and outward again, and repeat that with the and repeat that with the other leg. Such other leg. Such rapid movements train rapid movements train your body to act your body to act fast, fast, fast, fast, fast, fast, fast, fast, fast. And you know fast. And you know when it's necessary— when you catch your when you catch your foot on the curb, foot on the curb, thinking there's thinking there's a step when there isn't, a step when there isn't, or you almost or you almost step on a dog's step on a dog's tail but you manage to tail but you manage to regroup—that's the regroup—that's the point.

point. Anyone can stumble. There might be Anyone can stumble. There might be some ice somewhere. There some ice somewhere. There might be some water might be some water on the floor somewhere. You can on the floor somewhere. You can miss the miss the step. But this will not step. But this will not necessarily lead necessarily lead to a fall. So to a fall. So agility exercises agility exercises help help help develop develop develop reaction speed. And if you reaction speed. And if you practice practice practice at home, your at home, your pickleball game may pickleball game may improve. That's it.

improve. That's it. These are all the ingredients. When These are all the ingredients. When to do agility? You can do? You can do this for 2 minutes this for 2 minutes at the end of your at the end of your at the end of your walk, when you are walk, when you are already well warmed up. That's about all that's. That's about all that's needed. So, needed. So, regularly and often, it doesn't regularly and often, it doesn't have to have to have to take a lot of take a lot of time. Same with time. Same with shortness of breath, right?

shortness of breath, right? Regularly and often. Regularly and often. Many of these exercises Many of these exercises can be combined. can be combined.

If you're doing If you're doing high-intensity high-intensity high-intensity interval interval interval training, working training, working on agility can on agility can help you get to the point of help you get to the point of shortness of breath. So you can shortness of breath. So you can combine a lot of combine a lot of these things. This is not a these things. This is not a part-time part-time part-time or even full- or even full- time job. So what to do time job.

Recovery and optimization

So what to do if you're doing all this if you're doing all this and and and feeling feeling feeling exhausted? Here's what I would exhausted? Here's what I would recommend saying: " Okay, I'll come back to Okay, I'll come back to this later." "It's what this later." "It's what I strive for, but I strive for, but it doesn't quite suit me right now it doesn't quite suit me right now."." If you measure If you measure muscle, you're measuring muscle, you're measuring skeletal muscle mass skeletal muscle mass in pounds or in pounds or kilograms, as well as kilograms, as well as body composition, and body composition, and at the same time, you're tracking at the same time, you're tracking energy levels, energy levels, sleep quality, sleep quality, food cravings, hunger, and food cravings, hunger, and appetite. All these appetite. All these little things are little things are little clues.

little clues. They should become They should become better, better, better, more stable. If more stable. If the load the load the load is selected successfully, this is is selected successfully, this is usually the case. But usually the case. But if you have problems with sleep, then your workouts, then your workouts will be ineffective. So I advise you. So I advise you to reduce to reduce to reduce the intensity.

the intensity. Let's say you did Let's say you did n't get enough n't get enough sleep today. sleep today. Muscle protein synthesis, your Muscle protein synthesis, your ability to build ability to build lean muscle mass and lean muscle mass and maintain it—all of these maintain it—all of these will be will be worse today, even after worse today, even after one sleepless one sleepless night. So we really night. So we really want to address want to address this this this sleep problem, but you also sleep problem, but you also become less become less coordinated. So coordinated. So if you didn't sleep well if you didn't sleep well last night and you're thinking, " Today I'm Today I'm going to do going to do going to do agility." Or: " I need to go I need to go pickleball." Maybe this is pickleball." Maybe this is n't the best day n't the best day to play pickleball for 2.5 to play pickleball for 2.5 hours, as your hours, as your coordination isn't up to par right now coordination isn't up to par right now. You might. You might just lose just lose a few games, but it's a a few games, but it's a bigger problem bigger problem if you can't if you can't move your feet confidently.

move your feet confidently. So, if you So, if you try to move try to move sideways to reach the sideways to reach the ball, you may ball, you may trip, fall, trip, fall, and get injured. And and get injured. And this risk can be this risk can be avoided if you avoided if you know in advance: " Hey, I didn't Hey, I didn't sleep well tonight. I sleep well tonight. I need a replacement.

need a replacement. Sorry, I can't Sorry, I can't come." This is probably a come." This is probably a very good decision. very good decision. So know yourself and So know yourself and understand that there are other understand that there are other days when we days when we definitely want definitely want you to work on you to work on agility, but not the agility, but not the next morning next morning after a sleepless night.

after a sleepless night. So solve this So solve this problem first problem first. For those who. For those who are experiencing pain and are experiencing pain and aches, I will say—this is not aches, I will say—this is not advice that advice that hormone replacement therapy (HRT) is right for everyone, HRT) is right for everyone, but if you are open but if you are open to it, I to it, I have noticed that have noticed that hormone therapy hormone therapy really helps really helps women; it does not women; it does not help them help them build more build more strength, as we strength, as we see that women both on see that women both on and off HRT and off HRT have the same have the same results. Strength results. Strength training training training makes no exceptions.

makes no exceptions. If you practice, If you practice, you get you get results. But what's results. But what's really important is that really important is that you can get you can get sleepless nights, you can sleepless nights, you can get aches and pains and you can get a " foggy" head, and we foggy" head, and we see that people who see that people who take take take hormone replacement therapy hormone replacement therapy feel better because feel better because they sleep better.

they sleep better. They have less pain and They have less pain and discomfort. So, this discomfort. So, this can help you can help you stick to the stick to the exercise regimen you exercise regimen you want to do anyway.

Testing and conclusion

Therefore, when you Therefore, when you exercise regularly, you get better, you get better results. So, a results. So, a quick overview, and here's quick overview, and here's how you can how you can check for yourself if you check for yourself if you want. It's both how you want. It's both how you feel and feel and your body composition, but do your body composition, but do you want to know how you want to know how you're doing with you're doing with power, strength, power, strength, agility, agility, agility, stability, and stability, and mobility? You mobility? You want to check it out.

want to check it out. So, if you want, I'll So, if you want, I'll leave the " strong aging index" as it is. This is a strong aging index" as it is. This is a free PDF free PDF that also provides that also provides access to a video where I access to a video where I explain how explain how to conduct this test, with to conduct this test, with instructions on how to instructions on how to test yourself test yourself at home with at home with minimal minimal minimal supplies. You will supplies. You will need a tape measure, possibly masking, possibly masking tape, and a chair.

tape, and a chair. Much of this can Much of this can be done at home. And be done at home. And if there's something there that if there's something there that requires requires requires special special special equipment, it's okay equipment, it's okay if you if you skip that point.

skip that point. You will still get a You will still get a great set of data great set of data from the test itself. So this is the " active aging" index, active aging" index, which is available in which is available in my app my app for free for for free for 7 days, where we 7 days, where we discuss and discuss and demonstrate demonstrate demonstrate mobility, mobility, mobility, power, strength, and what power, strength, and what that looks like in that looks like in practice. Go practice. Go to the description below and I'll to the description below and I'll leave the link there leave the link there to join. You to join. You can can can join the 7- day program in the day program in the app for free and learn app for free and learn more about the secrets of more about the secrets of active longevity. I hope this was. I hope this was helpful. If you have helpful. If you have