

FREE GUIDE • STRENGTH + LONGEVITY

Becoming Unbreakable

A Step-by-Step Guide for Women 40+ Who Refuse to Slow Down

"You are not destined to become fragile. Your body is simply waiting for you to lead it."

The Midlife GlowGetter

If you are entering your 40s, 50s, or 60s and feel like your body is starting to work against you, I want you to stop right there. Feeling tired, achy, or slower is not just "part of getting older." It is a signal. And signals can be answered.

These years are actually the beginning of your most powerful chapter. This guide gives you the roadmap to get there, step by step.

1 The Unbreakable Assessment: Know Your Starting Point

You cannot change what you do not measure. Testing yourself is not about judgment. It is about data. Think of it as your personal early warning system. Here are four tests you can do right now in your own living room:

VO2 Max

Measures how well your body uses oxygen. Think of it as a grade for your heart and lung engine. You can estimate yours by walking as briskly as possible for 12 minutes and measuring the distance covered.

Grip Strength

A vital predictor of overall body strength and long-term health. Squeeze a firm object as hard as you can. If your grip is strong, it signals your whole system is resilient.

Gait Speed

How fast you walk naturally is a key indicator of your functional age. Time how long it takes you to walk 10 feet at your normal pace.

Sit and Rise Test

Sit down cross-legged on the floor and stand back up using as little support from your hands as possible. This tests flexibility, balance, and core strength: the "holy trinity" of longevity.

◆ GLOWGETTER NOTE

I also highly recommend getting baseline bloodwork. Think of it as looking under the hood of your car: you need to see what your hormones and inflammation levels are doing before you can tune the engine. Knowing your numbers turns "I hope I'll be okay" into "I know I will be strong."

2

F.A.C.E. Your Future: The Four Pillars of Movement

Your morning walk is wonderful, but if you want to be hiking, dancing, and keeping up with life at 80, you need to upgrade your toolkit. The F.A.C.E. protocol gives your body total-body resilience across four key areas:

F: Flexibility + Mobility

Mobility is your superpower for joint health. It's the ability to move your joints through their full range of motion. Start with 10-20 minutes of movement you actually enjoy. Even a kitchen stretch counts. This is non-negotiable for women in midlife.

A: Aerobic Capacity

Use the 80/20 rule. 80% of your training should be easy, low-heart-rate movement. The other 20% is high-intensity bursts. Once a week: go as hard as you can for 30 seconds (bike, walk, whatever works), rest fully, then repeat four times. This is a metabolic trigger that supercharges your longevity.

C: Carrying a Load (Strength)

This is not about gym machines. It is about real life: moving a heavy box, carrying groceries, picking up grandkids. Using weights, bands, or your own body weight regulates insulin and protects your bones. And here is the good news: muscle loss is completely reversible in as little as eight weeks.

E: Equilibrium + Foot Speed

Balance and quick reflexes are the forgotten pillars of longevity. They keep you from falling and keep you reactive as the years go by. Practice standing on one foot, walking heel-to-toe, or any balance-focused movement for just a few minutes daily.

3

Fueling for Power: The Clean + Green Nutrition Plan

Food is not just calories to count. It is cell-nourishing information. We are moving away from "dieting" and moving toward a strategy that builds you up from the inside.

The Protein Priority

As we age, our bodies become less efficient at processing protein, so we actually need MORE of it. Aim for **1.4 to 2.2 grams of protein per kilogram of body weight daily**. Distribute your intake evenly every 3-4 hours to keep the muscle-building signal on all day.

SOURCE	WHY IT WORKS
Eggs	The gold standard: contains all essential amino acids plus biotin and choline
Greek yogurt + cottage cheese	A powerful blend of fast-acting and slow-digesting protein
Wild salmon, chicken, turkey	Provides the full amino acid profile for tissue repair
Whey protein powder	High in leucine, the "on switch" for muscle building
Lentils, chickpeas, edamame	Complete plant-based proteins that also support gut health
Quinoa	The only grain that contains all essential amino acids

◆ GLOWGETTER NOTE

Protein makes up 50% of your bone volume. Most women only think of protein for muscles, but it is also the literal glue for your skeleton and the building block for the tendons and ligaments that keep your joints stable. Eat enough of it. Every. Single. Day.

4

Lifestyle Habits: Protecting Your Progress

You cannot out-train a lifestyle that is constantly breaking you down. These habits are the foundation that allows your exercise and nutrition to actually work.

Sleep + Stress Management

Deep sleep and lower stress levels actually help repopulate your gut microbiome, your internal command center for health. These are not luxuries. They are metabolic necessities.

Clear the "Zombie Cells"

As we age, some cells stop working but refuse to leave. They sit there causing inflammation. Science-backed supplements and anti-inflammatory eating can help clear these out, which is why suddenly you do not need that 2 PM nap anymore.

"Pro-Plant" Meal Planning

Choose three simple plant-based meals to cook each week. Salmon over chard. Roasted squash. Lentil soup. Simple, intentional, and anti-inflammatory. This saves money, reduces decision fatigue, and keeps your body fueled.

5 Your 6-Week Action Plan

You are ready to move from feeling "fine" to being Unbreakable. This is not a total life overhaul. It is showing up for yourself with the same consistency you show your family. One step at a time.

- 1 Take the 4 Tests**
This week, establish your baseline. Set a timer and check your Gait Speed, Grip Strength, and Sit and Rise Test. Write the numbers down.
- 2 Calculate Your Protein**
Find your daily target (1.4-2.2g per kg of body weight) and track your intake for three days. Most women are shocked by how much they are missing.
- 3 Schedule Movement**
Plan 10-20 minutes of movement, three times this week. Walk, stretch, dance. Whatever it is, make it a non-negotiable meeting with yourself.
- 4 Add One Sprint**
Once this week, pick an "apparatus" (bike, treadmill, your front sidewalk) and do four 30-second intervals at full effort. Then rest completely. That's it.
- 5 Choose One "Clean + Green" Meal**
Find one recipe using real, whole-food ingredients that you actually look forward to eating. Make it this week. Make it again next week.

Many of us are in the sandwich generation, squeezed between kids, careers, and aging parents. It is so easy to put yourself last. But hear this: taking care of your foundation is a strategic move. You cannot be the pillar for everyone else if your own foundation is crumbling. **Strength is not about vanity. It is a profound investment in your independence.** You are not destined to become fragile. Your body is simply waiting for you to lead it. Start today. Stay consistent. And watch yourself become truly Unbreakable.

Questions? Reach out: Hello@JaxStys.com • jaxstys.com • DM @JaxStys