



**McCOY**

*FITNESS & HEALTH*

# Top 10 Tips on Training and Eating for the 40+ Woman!

*- or, how to get fit, healthy and lean at ANY AGE!*



[www.mccoymfitness.ca](http://www.mccoymfitness.ca)



As a 40+ woman, we are the largest group of gym goers, yet we are NOT being served appropriately.

*Does your current program consider your.....?*

- Age (sarcopenia...)
- Metabolic issues (our history...)
- Hormonal issues (oh yeah...!)
- Musculoskeletal Issues
- Injury, imbalances etc...
- Do you really want to do Burpees, or beat your body into submission during Crossfit?



# Let's start...

## 1) Find Your Major.....(what are your GOALS?)



# Define What you WANT





# 1) MAJOR in WEIGHTS!

- Shapes, tones and tightens!
- Increases the metabolism!
- Builds bone!
- Levels hormones!
- Improves blood sugars, heart, lungs, manages stress .....



# What Does this Look Like?

- Have a GOAL....
- Define your day each morning...
- Schedule YOU first...and don't compromise..
- Minimum 3+ days a week of *weights!*
- Minimum 3+ hours a week (3 or 4 x 30 min. or 3 x 1 hr)



# Our Weight Training Rules...

- Weights **FIRST**, cardio after!....
- **FOCUS IN!** Turn off the shopping list in your head!
- Make every set and rep a work of **ART!**
- Stay **CONSISTENT!**
- Use **Weights** (not just bodyweight...)
- Put down the **Oxygen MAG!** Turn off the Internet, shut down Pinterest (the 6-pack site!).



# 2) Forget the Whole Body Workout!

## Break your body up...

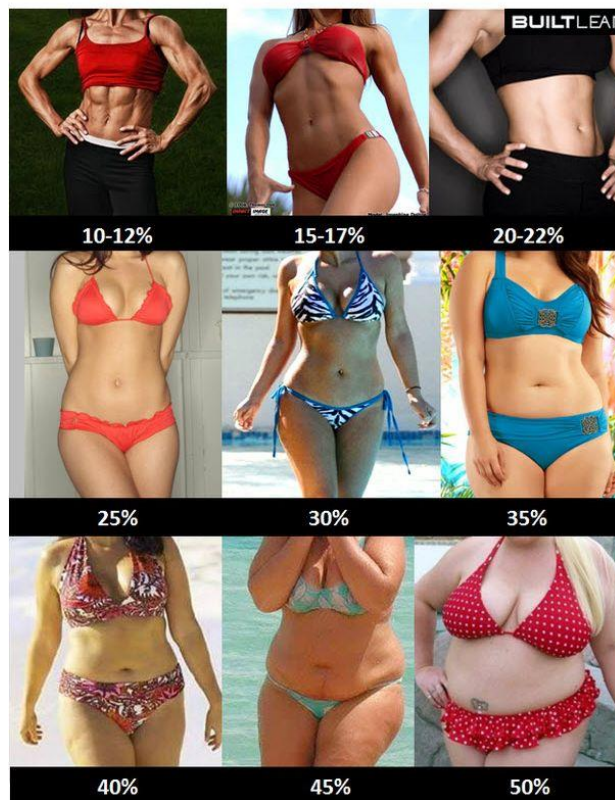
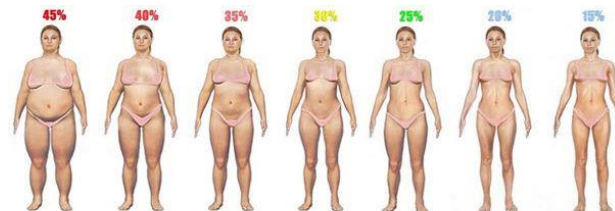
- Double Split is OK (two different workouts, usually Upper and Lower)
- Triple Split or Quadruple Split is better
- **Triple (3-day Split):** Legs, Chest and Back, Shoulders and Arms
- **Quadruple (4-day Split):** Legs, Back, Chest & Arms, Shoulders and Quads
- Prioritize...BIG movements first, then smaller ones..
- Aim for 12-15 reps....this will change also
- Make sure your program is *progressive*, built for YOU, focussing on your weaknesses first, do these muscles first.





# 3) Bodyfat Versus bodyweight

- Focus on body fat, NOT body weight.
- Measure it every few months or so...
- Healthy bodyfat is 20-25% for women, over 30% is considered 'fuller figure'
- Consider how much compromise you are willing to do to get (and stay) there...



# 4) Work your Glutes!!



- Use weights!
- Work them twice a week,
- 6-9 sets each workout, 12-15 reps...
- Use a variety of moves...step ups, walking lunges, curtsy's, with leg bent more than 90 degrees.
- Use FULL range of motion!!
- SQUAT! Yep! You CAN do it!



# 5) Minor in Cardio!

## STOP being a Cardio Queen!

- **Why?** It'll make you plateau, slow your metabolism, keep you in alarm mode / starvation mode, and *it will rip muscle off your body!*
- **How much is ok?** Depends...
- **What type?** Shake it up!!
- **Forget what the machines say...!**

Define What you WANT



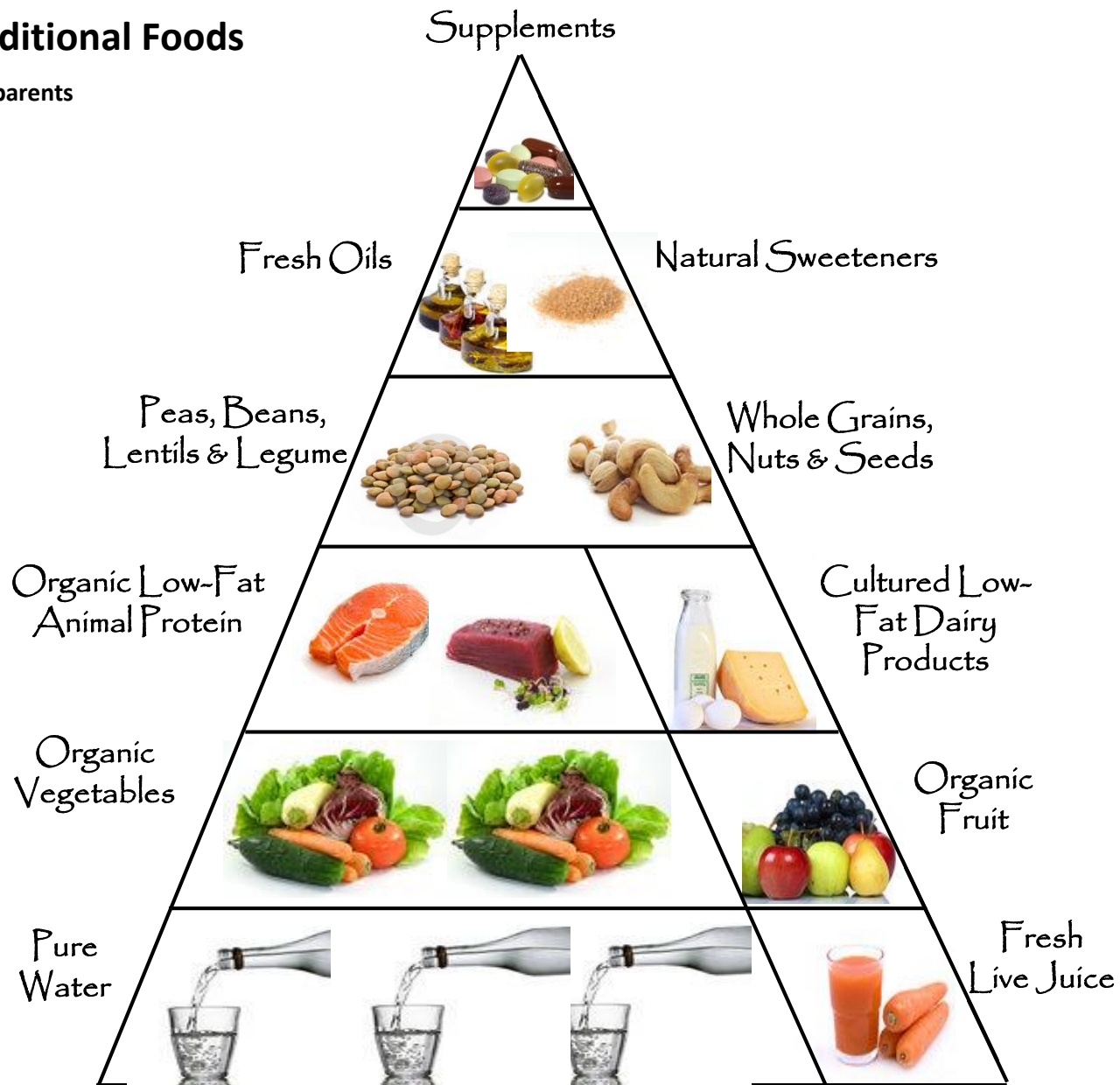
# 6) Get Real with your FOOD!

- Know what you're eating...count it up!
- Eat real food! And no artificials...
- Don't go low cal, low carb, low fat...
- Find your emotional triggers!
- See FOOD as FUEL!
- Forget the sports drinks, protein bars....
- Don't follow the masses...(cheat meals, paleo, ketosis, IIFYM, various APPS)
- Always hold the reins...a bit!



# A Return to Traditional Foods

- or eat like your grand-parents



# 7) PROTEIN!

- Protein BUILDS muscle, strengthens the immune system and BUILDS BONE!
- Ensure you are getting 80-120 grams of protein a day!
- Eat it 3-5 times a day.
- ALWAYS start with a protein-rich breakfast, with carbs and fats!
- MEAT is NOT the enemy...commercial meats are...you must 'eat flesh to build flesh'.
- DO NOT eat SOY as a protein source....weakens the thyroid, is GMO'd and a poor source of protein.



# 8) Challenge Your Beliefs

Do you ever hear yourself saying...

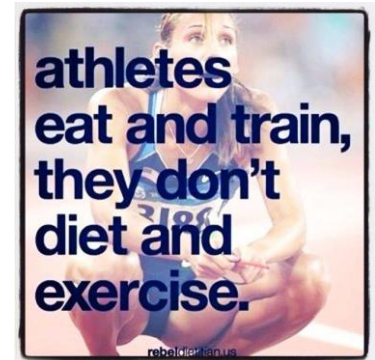
- I can't do this on my own
- I always fail
- I might challenge a relationship if I get fit / lean / healthy
- Training and eating is too hard, and I won't have any fun.
- I don't deserve this.
- Every time I get close to success, I sabotage it.



Beliefs are hand-me-downs, they are NOT You! But they can keep us accepted, safe, in the 'tribe. Values don't change, beliefs do...

# 9) Think (and live) Outside the Box!

- Change your story, change your life...
- Know that *everything is an inside job* (good relationships, career, finances), and your success or lack is how you look at it!
- Think like an athlete!
- Live on the periphery
- LOVE yourself into health!
- Stand convention on its head.
- DO NOT think that aging is inevitable, middle age spread comes with the territory, diabetes, arthritis, etc are all natural results of aging..
- 50 is NOT the new 30, 50 is the new 50!

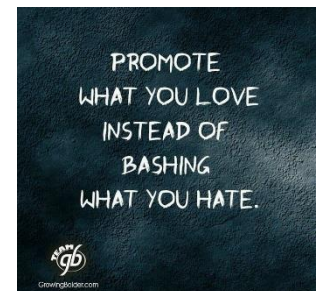




# 10) The Law of Attraction



- **Your life is not just thrown together** by coincidence. Everything that you have in your life is in direct response to the thoughts you have.
- What you think about, you attract. Your thoughts attract other thoughts of similar *vibrations*.
- It's always at work in your life (like gravity) whether you believe in it or not.
- **Most of us create unconsciously** or by default.
- **You are always creating.** We can't *not* create. It's our natural state.





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## 10-Week Best Shape of your Life Challenge

[www.bestshapechallenge.com](http://www.bestshapechallenge.com)

### POWER-UP! Coaching Program coming in January...

Individualized eating, training and lifestyle program for the 40+ woman.

<http://mccoyfitness.ca/power-up-coaching-program/>



**“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” – Marcel Proust**