

LIVE BETTER FOR LONGER ROUTINES

WOMEN AGED 50+

LONGEVITY
PERFORMANCE
COACHING



Perform, feel and look better as you age

This Routine is for you if :

Your female in your 50s

You want to live well for decades longer

You are navigating hormonal changes

Your body is changing and not in the way you want

You still want to participate in the things you love doing

You want to maintain bone density

You want to be strong and independent

You know you must invest in your health to live better for longer



This Routine's Goals

Stay strong, independent and in control

Feel energised, reduce health risks, and invest in a longer, healthier life

Reconnect with your strength, confidence, and sense of self

Build sustainable habits that keep you independent and living well for decades.



Adaptions for 50+ Women

Prioritise protein to fight muscle loss.

Age reduces amino acid absorption and accelerates muscle loss via sarcopenia, so protein matters more than ever.

Strengthen bones with calcium, vitamin D and K.

Aim for 700–1000 mg calcium daily to support bone density and rebuilding.

Train smart: intensity over volume.

Lower injury risk by reducing total workload, lifting with progressive overload, and extending recovery.

Choose low impact cardio and lift heavier.

Walk, cycle or swim for heart health, and build strength with progressive resistance.

Make muscle maintenance the goal, not weight loss.

Preserving lean mass drives metabolism, mobility and long term health.



The plan

Choose from Novice, Committed and Elite routines that reflect your start point of where you are today. Take the habit survey to pick the right routine for you. [Click here](#)

Novice

The start point if you don't do much today

Choose if your habit score is less than 40

Committed

You have some healthy habits and want to lock in a consistent routine that's part of your lifestyle

Choose if your habit score is 41-80

Elite

You already do a lot and want to be the best

Choose if your habit score is 80+



The Novice Routine

3 GOALS

- Lose weight
- Start better eating and exercise habits
- Rebuild confidence and reduce stress

1 WEEKLY ROUTINE

	Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
Wake up	Get wake up time	X	X	X	X	X	X	X
	Drink electrolytes	X	X	X	X	X	X	X
	40g protein meal	X	X	X	X	X	X	X
	Multivitamin	X	X	X	X	X	X	X
	Omega-3	X	X	X	X	X	X	X
	Vitamin D	X	X	X	X	X	X	X
	Calcium	X	X	X	X	X	X	X
	Flax seed oil	X	X	X	X	X	X	X
	Turmeric	X	X	X	X	X	X	X
	Walk	X	X	X	X	X	X	X
AM	40g protein meal	X	X	X	X	X	X	X
	Stretch	X	X	X		X		
PM	Resistance session hypertrophy focused	X			X			
	Endurance session		X			X		X
	Drink 2.28 litres of water	X	X	X	X	X	X	X
Evening	40g protein meal before 7pm	X	X	X	X	X	X	X
	Social/joy activity	X	X	X	X	X	X	X
	Get bedtime to optimize sleep	X	X	X	X	X	X	X

8 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight
Daily calorie deficit - 500 kcal
Eat with purpose 80% of meals
Daily step goal - 8,000

2 resistance sessions
3 endurance sessions totalling 150 minutes
5 social or joyful activities
Stretch 4 times a week

10 BENCHMARK OUTCOMES

How you look

30 or less Body Fat %
Waist to Hip ratio <1
50-65% lean muscle mass

How you feel

Stress score less than 100
Resting heart rate <60
Heart Rate Variability > 20

How you perform

Habit score > 60
VO2 Max 25-28
Max squats in 1 minute > 17
Max push ups in 1 minute 5-9



The Committed Routine

3 GOALS

- Be physically and emotionally fit to fully participate in life
- Feel great, confident and proud of how you look
- Your routine is locked into your life style

1 WEEKLY ROUTINE

Activity	Mon	Tue	Wed	Thu	Fri	Sa	Sun
Get water activity	x	x	x	x	x	x	x
Drink water before	x	x	x	x	x	x	x
High protein meal	x	x	x	x	x	x	x
Meal timer	x	x	x	x	x	x	x
Omega 3	x	x	x	x	x	x	x
Collagen 3	x	x	x	x	x	x	x
Supplements	x	x	x	x	x	x	x
Tanning	x	x	x	x	x	x	x
Calcium	x	x	x	x	x	x	x
Collagen Type 1 & II	x	x	x	x	x	x	x
Collagen Type 3	x	x	x	x	x	x	x
Properium Glycinate	x	x	x	x	x	x	x
Yoga or Pilates			x				
HIIT				x	x	x	x
High protein meal	x	x	x	x	x	x	x
Stretch	x	x	x		x		
PII					x		
Resistance exercise with heavy weights	x			x			
Endurance exercise hypertrophy focused	x			x			
Endurance exercise	x	x		x			x
Drink 2.5litres of water	x	x	x	x	x	x	x
High protein meal before 5pm	x	x	x	x	x	x	x
Stretch activity	x	x	x	x	x	x	x
Get bedtime routine sleep	x	x	x	x	x	x	x

10 WEEKLY TARGETS

Daily Protein target - 1.6g per kg body weight
 Daily calorie goal - build muscle
 Eat with purpose 90% of meals
 Take supplements every day
 Daily step goal - 10,000

2 strength and hypertrophy resistance sessions
 3 endurance sessions totalling 70-150 minutes
 7 social or joyful activities
 Sleep well > 5 nights a week
 Stretch 4 times a week & Yoga/Pilates once

18 BENCHMARK OUTCOMES

How you look

29-25 Body fat %
 Waist to Hip ratio <0.85
 65-70% lean muscle mass
 Fat free muscle mass 17-19

How you feel

Stress score 65-80
 Resting heart rate <60
 Heart Rate Variability > 40
 Cholesterol and blood pressure function in normal ranges

How you perform

Habit score > 80
 VO2 Max 29-30
 Max squats in 1 minute > 27
 Max push ups in 1 minute 20
 Squat 1.25 x body weight
 Deadlift 1.25-1.5x body weight
 Bench press 0.3 x body weight
 Plank > 2 minutes
 Dead hang > 1 minute

3 Essential Pro Tips

Prioritise

Treat each Routine activity with the same importance as your job

Commit

Agree your routine with your family and friends

Consistency

Plan ahead - food preparation, your schedule, your workouts, your social time

**LONGEVITY
PERFORMANCE
COACHING**



Perform, feel and look better as you age

Contact us



nigel.issa@longevityperformancecoaching.com



www.longevityperformancecoaching.com

