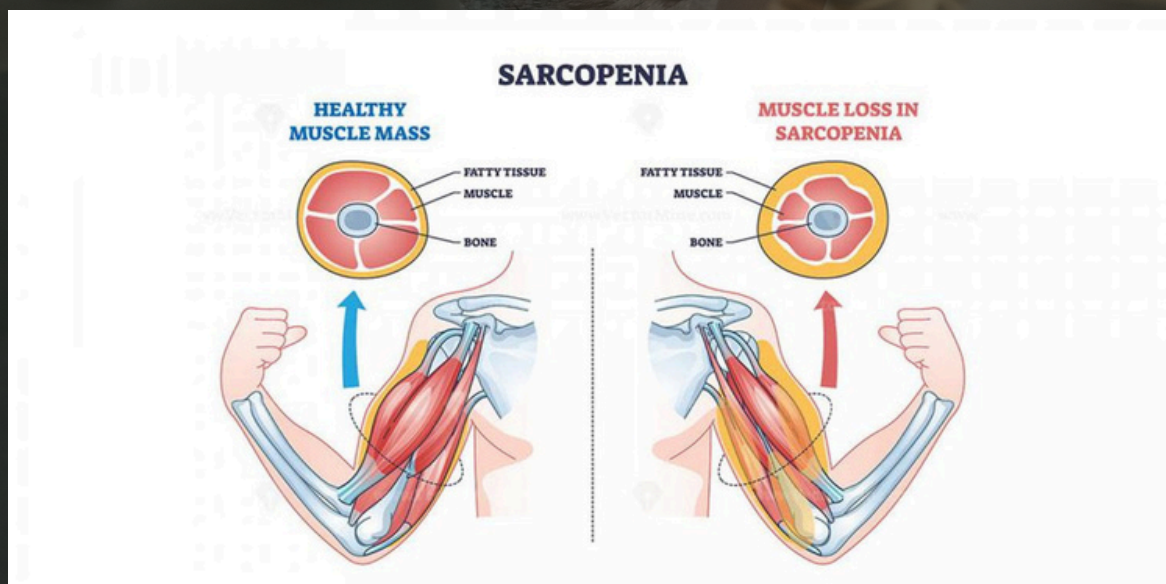


Fit for Life:
The Clinical Anti-Aging Workout

THE 5-MINUTE STRENGTH PROTOCOL TO FIGHT SARCOPENIA

A Clinical-Led Guide for
Professionals Over 35

After age 30, you lose 3-8% of your muscle mass every decade. By age 40, this accelerates. It's called Sarcopenia. It leads to lower metabolism, chronic back pain, and a loss of independence. But science proves that just 5 minutes of 'reistance based physical exertion' can reverse this process. This isn't about 'getting shredded'; it's about protecting your future self.



5 MINUTES.

5 MOVEMENTS.

ZERO EQUIPMENT.



THE SIT-TO-STAND

Sit on a chair, stand up quickly, and sit back down slowly. To make it easier, use armrests for assistance. To increase difficulty, "hover" by lightly tapping the chair with your glutes without fully sitting. Keep your chest up and weight in your heels throughout.

1

2

THE WALL-PUSH

Stand 2 feet from a wall with hands at chest height. Lean in, then push away firmly. To make it easier, move your feet closer to the wall. To make it harder, use a kitchen counter or the floor for a steeper incline. Keep your body straight and core engaged.



3

THE CALF RAISE

Stand near a wall for balance and rise onto your toes, then lower slowly. To make it easier, perform the movement while seated. To make it harder, switch to single-leg raises. This move boosts circulation and ankle stability; keep your movements smooth and controlled.



THE COUNTER-TOP ROW

5

4

Grip a sturdy table edge, lean back with straight arms, and pull your chest toward the edge. To ease, move feet closer to the table for less lean. To intensify, lean deeper or use one arm. Keep your shoulders down and squeeze your blades to improve posture.



THE DEAD-BUG

Lie on your back; slowly lower the opposite arm and leg toward the floor. To ease, keep knees bent and tap your toes. To intensify, hold the "hollow" position at the bottom for 3 seconds. Keep your lower back pressed into the floor to protect your spine.

CONSISTENCY *Beats Intensity*

The Winning Habits

Nutrition

Medically Speaking, muscle is a metabolic organ, not just for aesthetics. After 40, "Anabolic Resistance" makes it harder to maintain tissue. Medical professionals prescribe a minimum of 1.2g-1.5g of protein per kg of body weight. If you weigh 70kg, aim for 84g+ daily to repair micro-tears and fight Sarcopenia. Don't "backload" at dinner; eat 25g every 3-4 hours to trigger muscle synthesis. Without these "bricks," your 5-minute routine cannot build the house.

Hydration

Muscle tissue is roughly 75% water; even 2% dehydration triggers a significant drop in strength and cognitive focus. In medical terms, water is the primary medium for nutrient transport and joint lubrication. Drink fluids 2 hours before training to ensure cellular hydration. This isn't just about thirst, it's about maintaining blood volume to deliver oxygen to working muscles. Don't wait for a dry mouth; that is a late-stage clinical sign. Drink to perform. Stay hydrated.

Start your transformation journey

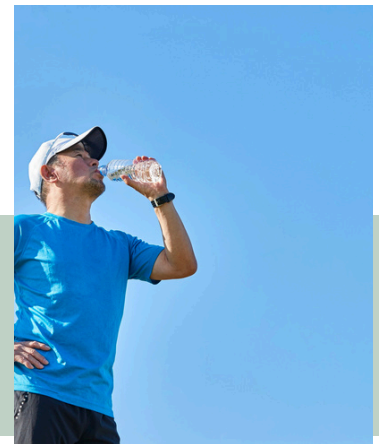
I am Clive M., a Medical professional and physical fitness Coach. I specialize in helping professionals over 35 regain strength and vitality via medically-backed fitness and nutritional protocols. Don't leave your health to chance; use a clinical approach to thrive.

- Book a 15-Minute Consultation: [\[CLICK HERE\]](#) – Let's discuss your clinical fitness goals.
- Join the Community: [\[CLICK HERE\]](#) – Daily tips on healthy aging and metabolic health.
- Optimise Nutrition: [\[CLICK HERE\]](#) – Ask about the clinical-grade supplements I recommend for recovery.



The 3 Day Rule

Consistency maintains neurological pathways and insulin sensitivity. Skipping 3+ days triggers a reversal of progress. Never skip more than two; keep the habit alive to protect your progress.



The solution for YOU

This 5-minute routine is your foundation. But if you are managing Diabetes, Hypertension, or Chronic Back Pain, you need a clinically backed intervention, not just a workout.