



# THE 7-DAY EDGE STARTER PLAN

SHARPER. STRONGER. SMARTER.  
**AFTER 40.**



# **The 7-Day Edge Starter Plan**

*by David Steele*

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## Introduction: Why this works after 40

I turned 40 six years ago and felt the slide—energy dips, stubborn fat, creaky joints, busy-guy sleep. I started digging into the science and testing small daily habits that actually stick. This plan distills what worked best for me and for many men over 40: simple food upgrades, smart training, better sleep, and stress/liver hygiene—each backed by credible studies. Consider it a week-long reset you can extend. (Always check with your clinician if you have medical conditions.)

### How to use this plan

- Read the day's short section, skim the tips, then do the **ONE Action Today**.
- Keep it simple; stack wins.
- Supplements are optional—the plan stands on its own. I'll note a product if it fits the day's goal.

# **Day 1 — Eat Smart to Tame Blood Sugar & Hunger**

If we were sitting down to dinner together, I'd keep it simple: after 40, most of us don't clear glucose from the blood as smoothly as we used to. That doesn't mean "no carbs forever." It means structuring meals so they don't spike you (protein + fiber) and adding a short walk right after you eat so your muscles can help mop up glucose. Both are easy to repeat, and both are supported by solid evidence.

## **What to do (and why it works)**

Build plates around protein (fish, poultry, eggs, Greek yogurt, tofu/legumes) plus real fiber (beans/lentils, vegetables, oats/berries). Higher-protein patterns tend to boost fullness and improve body composition, while viscous/soluble fibers slow digestion and blunt the glycemic response. After meals, take 10–30 minutes of easy walking—trials in older adults show three short, post-meal walks can beat one longer daily session for keeping 24-hour glucose steadier.

## **ONE Action Today:**

After dinner tonight, take a 10–15 minute easy walk, and build the plate around protein + colorful plants + beans. Skip refined flour and sugary drinks for this one meal. If you only adopt a single habit this week, make it the after-dinner walk.

## **Optional: about the blood-sugar support ([Gluco6](#))**

Some readers like adding a blood-sugar support supplement on top of food + walking. If you experiment, look for formulas that include ingredients commonly studied for glycemic support (for example, cinnamon or chromium). The evidence for these is mixed and modest—use them as a nudge, not a replacement for habits, and talk with your clinician if you use glucose-lowering meds. If you

want to test a ready-made option, [Gluco6](#) is one product in this category ([affiliate](#)).

## The best Ingredients-Backed by Science

### Gluco6™ – The New Standard in Blood Sugar Management

Searching for a natural way to effectively manage your blood sugar? **You've found it.**

Every Gluco6™ capsule is **free from GMOs** and packed with **six premium, bioavailable ingredients**.



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#### References:

- High-protein diets and satiety/body-composition (review): <https://pmc.ncbi.nlm.nih.gov/articles/PMC7539343/>
- Viscous/soluble fiber and glycemic control (meta-analyses): <https://pubmed.ncbi.nlm.nih.gov/33162192/> ; <https://pmc.ncbi.nlm.nih.gov/articles/PMC10500602/> ; <https://pmc.ncbi.nlm.nih.gov/articles/PMC9736284/>
- Post-meal walking trials (older adults): PubMed record <https://pubmed.ncbi.nlm.nih.gov/23761134/> and free full text <https://pmc.ncbi.nlm.nih.gov/articles/PMC3781561/> ; additional experimental data: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7538501/> ; narrative timing review: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6267507/>

## **Day 2 — Strength First (your anti-aging anchor)**

If we were training together, I'd start here. After about mid-30s to 50s, most men lose muscle and strength unless we actively push back. The good news: progressive resistance training rebuilds a lot of it and improves day-to-day function, even if you're starting late.

### **What to do (and why it works)**

Two to three full-body sessions per week is enough when you're consistent. Think simple, repeatable moves that cover push, pull, squat/hinge, and core. Large reviews in older adults show progressive resistance training meaningfully improves strength and physical function. The CDC also recommends muscle-strengthening alongside aerobic and balance work for older adults.

### **ONE Action Today:**

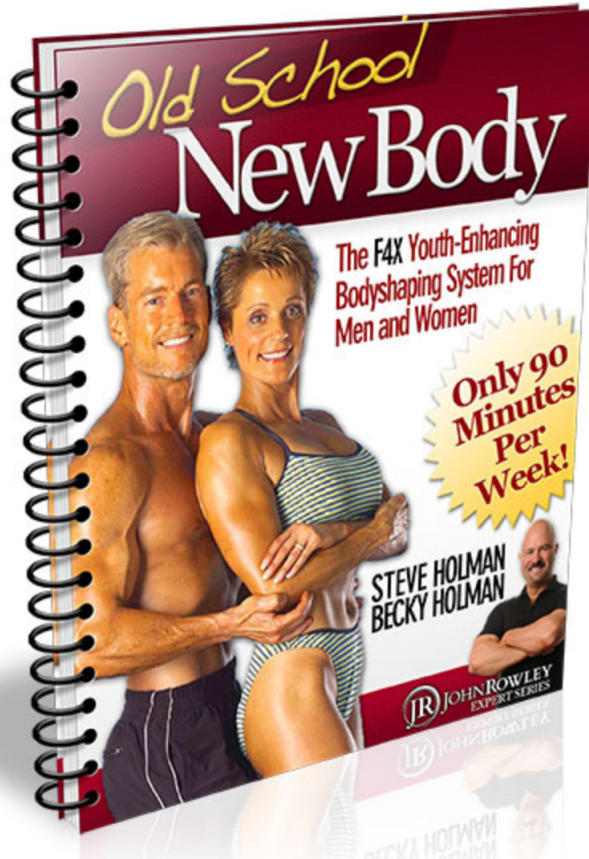
Do two rounds of: chair squats (8–12), countertop push-ups (8–12), backpack rows (8–12/side), and a 30–45-second plank. Log what you did so you can add a rep next time. (Tiny progressions compound.)

### **Optional: about the strength plan ([Old School New Body](#))**

If you want a follow-along program to remove guesswork, [Old School New Body](#) is a compact routine designed for busy adults ([affiliate](#)).



**Everything you need to know has been condensed into this simple-to-use handbook:**



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**References:**

- Sarcopenia overview (muscle loss with age): <https://pmc.ncbi.nlm.nih.gov/articles/PMC2804956/>
- Muscle mass declines ~1–2%/yr after ~50: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3060646/>
- Progressive resistance training improves function (Cochrane): <https://pubmed.ncbi.nlm.nih.gov/19588334/>



- Cochrane full text mirror: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4324332/>
- CDC guidance for older adults: <https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html>

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## Day 3 — Sleep to calm hunger and steady willpower

When sleep slips, appetite signaling drifts: ghrelin rises, leptin falls, and cravings get louder. Keeping a steady sleep window and ‘cool/quiet/dim’ evenings makes tomorrow’s choices easier.

### What to do (and why it works)

Keep a consistent wake time and aim for 7–9 hours. In the last hour before bed, dim the lights and reduce blue-heavy light; short-wavelength (blue) light at night suppresses melatonin more strongly than longer wavelengths, and blue-depleted evening light lessens that impact. Lower, comfortable room temps also help many people sleep better.

### ONE Action Today:

Set a hard “screens-off” 60 minutes before bed. Switch lamps to warm light, read something low-stakes, and keep the room comfortably cool for you.

### Optional: about the sleep support ([Sleep Lean](#))

If you want to experiment with a sleep support formula, use it to backstop your wind-down, not replace it. Ingredients in this category often aim at relaxation/sleep latency. Start with the lowest effective dose and check interactions if you take meds. [Sleep Lean](#) is one option readers try ([affiliate](#)):

### Powerful New Formula To Support Healthy Weight Loss

Sleep Lean is an all natural formula that can assist in eliminating excess body fat while maintaining long-term results.

**ORDER NOW >>**



Manufactured in the USA from the finest of foreign and domestic ingredients

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## References:

- Sleep loss → leptin↓ ghrelin↑ hunger: <https://pubmed.ncbi.nlm.nih.gov/15583226/>
- Short sleep & obesity risk (meta-analysis): <https://pmc.ncbi.nlm.nih.gov/articles/PMC2398753/>
- Blue light strongly suppresses melatonin: <https://pubmed.ncbi.nlm.nih.gov/21164152/>
- Blue-depleted evening light reduces suppression: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5536841/>
- Humans are highly sensitive to evening light (low lux): <https://www.pnas.org/doi/10.1073/pnas.1901824116>
- Bedroom temp and sleep quality (evidence overview): <https://www.sciencedirect.com/science/article/pii/S1087079224000194>

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## **Day 4 — Keep your joints moving (and pain down)**

Joints like regular, low-impact movement plus smart strength. If weight is up, even modest loss reduces knee load dramatically: about four pounds less knee load per step for each pound of body weight lost. Randomized trials in knee osteoarthritis show diet and exercise together reduce pain and inflammatory markers.

### **What to do (and why it works)**

Favour low-impact cardio (walking, cycling, swimming) most days, and keep 2–3 sessions of leg/hip strength each week. CDC guidance is clear: being active reduces pain and improves function in arthritis.

### **ONE Action Today:**

Take an easy 10-minute walk and add two simple strength moves: wall sits (2×30–60s) and step-ups (2×8–10/leg), both pain-free range.

### **Optional: about the joint support offer ([Joint Genesis](#))**

Some readers explore joint-support supplements as an add-on. Evidence is strongest for movement and weight management; supplement effects, when present, are usually modest and symptom-focused. If you try one, track pain and function for 8–12 weeks. [Joint Genesis](#) is a product in this category ([affiliate](#)):

## Special Discount Pricing on Joint Genesis™

Here at BIODYNAMIX®, we understand how frustrating joint issues can be, and how quickly they can rob you of the things that used to bring you joy, and make your world seem so much smaller.

For that reason we wanted Joint Genesis™ to be **within reach of as many people as possible.**

Which is why we're giving you the opportunity to try a 30-day supply of Joint Genesis™ for the special one-time price of **just \$129 \$59!** That's a huge saving off the regular price.



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### References:

- Each lb. weight loss → ~4 lb less knee load: <https://pubmed.ncbi.nlm.nih.gov/15986358/>
  - Diet + exercise RCT in knee OA (IDEA/JAMA 2013): <https://jamanetwork.com/journals/jama/fullarticle/1741824>
  - Recent diet/exercise knee pain trial: <https://jamanetwork.com/journals/jama/fullarticle/2799405>
  - CDC: Physical activity & arthritis: <https://www.cdc.gov/arthritis/prevention/index.html>
  - CDC: Being active with arthritis (self-care): <https://www.cdc.gov/arthritis/caring/index.html>
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## Day 5 — The energy upgrade (mitochondria you can feel)

One reason steady cardio feels so good over time: training drives mitochondrial adaptations. Aging muscles typically show reduced mitochondrial content and activity; regular endurance work (and some brief surges) nudges biogenesis and improves fuel use.

### What to do (and why it works)

Build three 20–30-minute **Zone-2** sessions weekly (easy pace where you can talk in full sentences). Once or twice a week, finish with 3–4 short pick-ups of 30–45 seconds separated by easy recovery. Research in older adults and mechanistic studies link endurance and interval work to mitochondrial improvements.

### ONE Action Today:

Take a 20-minute brisk walk on a slight incline. In the last five minutes, add three 30-second surges with one minute easy between.

### Optional: about the energy/mitochondria offer ([Mitolyn](#))

Supplements marketed for “mitochondrial support” are typically positioned as adjuncts. Training is the driver; if you try a formula, set a 6–8 week window and track how you feel on workouts, daily energy, and any wearable metrics. [Mitolyn](#) is one option readers test ([affiliate](#)).



# MITOLYN



Mitolyn is unlike **anything** you've ever tried or experienced in your life before.

It is one of the **only products in the world** with a proprietary blend of **6 exotic nutrients and plants** designed to support healthy mitochondria levels!

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## References:

- Age-related mitochondrial declines (human muscle): <https://www.pnas.org/doi/10.1073/pnas.0501559102>
  - Mitochondria & aging (review): <https://pmc.ncbi.nlm.nih.gov/articles/PMC3408651/>
  - Interval/endurance work & mitochondrial signaling (PGC-1 $\alpha$  etc.): <https://journals.physiology.org/doi/10.1152/ajpregu.00538.2010>
  - Reviews on HIIT & mitochondrial adaptations in older adults: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9176307/>
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## Day 6 — Liver and waistline reset

The liver is a metabolic hub. For fatty-liver patterns, lifestyle is the frontline: guidelines highlight that about 5% body-weight loss improves liver fat, and 7–10% can improve inflammation and even fibrosis in many cases. Both aerobic and resistance training reduce liver fat, even without calorie restriction.

### What to do (and why it works)

Keep the “protein + fiber” plate, cut sugar-sweetened drinks, and move most days. Post-meal walks are a powerful small habit for glucose handling, which helps the liver too.

### ONE Action Today:

Swap all sweetened drinks for water or unsweet tea, and take a 10-minute walk right after dinner.

### Optional: about the liver support offer ([Hepato Burn](#))

Some readers consider “liver support” formulas as an add-on. Evidence for supplements is limited compared with weight loss and exercise. If you experiment, do it alongside diet/activity changes and discuss with your clinician—especially if you have abnormal labs. [Hepato Burn](#) is one product in this category ([affiliate](#)).



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#### References:

- Lifestyle weight-loss thresholds in NAFLD/NASH: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7956331/>
  - AACE/AASLD practice guidance overview: [https://www.endocrinepractice.org/article/S1530-891X\(22\)00090-8/fulltext](https://www.endocrinepractice.org/article/S1530-891X(22)00090-8/fulltext)
  - Exercise reduces liver fat (review/RCTs): <https://pmc.ncbi.nlm.nih.gov/articles/PMC5196006/>
  - Post-meal walking & glycemia (review/RCT): <https://pmc.ncbi.nlm.nih.gov/articles/PMC8912639/>
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## Day 7 — Lock it in (stress, light, eyes, and oral health)

Think of today as maintenance for the systems that quietly drive how you feel.

### What to do (and why it works)

Chronic psychological stress is linked with greater cortisol reactivity and central fat. Brief mindfulness-style practices can help with stress-eating patterns. Evening lighting still matters—cool-white, blue-heavy light suppresses melatonin more strongly than warm/dim light, so keep nights warm-dim. Keep dental hygiene tight and don't skip cleanings; gum disease associates with higher cardiovascular risk in umbrella reviews. If you have intermediate AMD, talk to your eye doctor about AREDS2-type formulas (lutein/zeaxanthin instead of beta-carotene).

### ONE Action Today:

Pick one 5-minute stress practice (box-breathing, a body-scan, or a short stretch), switch your evening lights to warm/dim, and schedule your next dental cleaning. If you're at risk for AMD, put an eye-exam reminder on the calendar.

### Optional: about today's add-on offers

1. [Pineal Guardian](#) (sleep rhythm support): a supplement some readers use while improving light hygiene ([affiliate](#)) — best used alongside consistent evening routines: [Click here!](#)
2. [iGenics](#) (vision): if you're concerned about eye health, remember AREDS2-style supplementation is for specific AMD stages—ask your eye doctor first ([affiliate](#)).
3. [ProvaDent](#) (oral health): an adjunct to brushing/flossing and professional cleanings, not a replacement ([affiliate](#)).

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## References:

- Stress & central fat (cortisol reactivity): <https://pubmed.ncbi.nlm.nih.gov/11020091/>
- Mindful/mindful-eating RCT: <https://pmc.ncbi.nlm.nih.gov/articles/PMC10100015/>
- Blue light & melatonin suppression: <https://pubmed.ncbi.nlm.nih.gov/21164152/>
- Blue-depleted evening light reduces suppression: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5536841/>
- Oral health & cardiovascular disease (umbrella review): <https://pmc.ncbi.nlm.nih.gov/articles/PMC11520879/>
- NEI AREDS/AREDS2 summary: <https://www.nei.nih.gov/research/clinical-trials/age-related-eye-disease-studies-aredsareds2/about-areds-and-areds2>
- JAMA Ophthalmology AREDS2 long-term outcomes: <https://jamanetwork.com/journals/jamaophthalmology/fullarticle/2792855>

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