



Stronger LONGER™

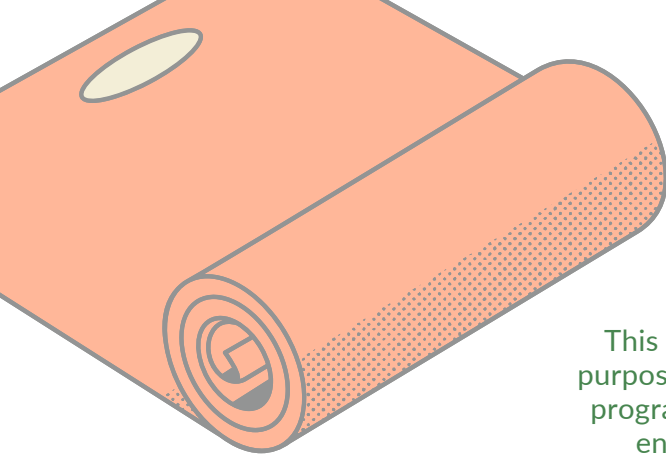
"with"

Dr. Deb Froehlich, Ed.D. CSCS

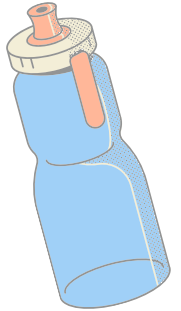
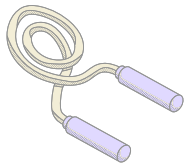
STRENGTH • HEALTHSPAN • LONGEVITY

Your Blueprint to Vitality in Midlife & Beyond

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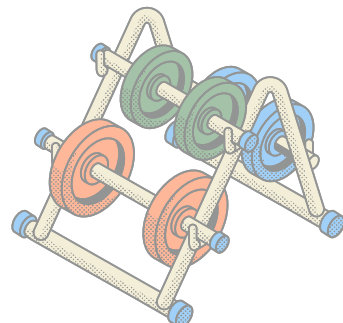
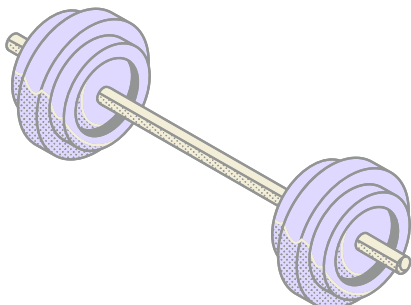
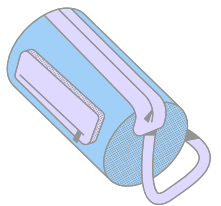


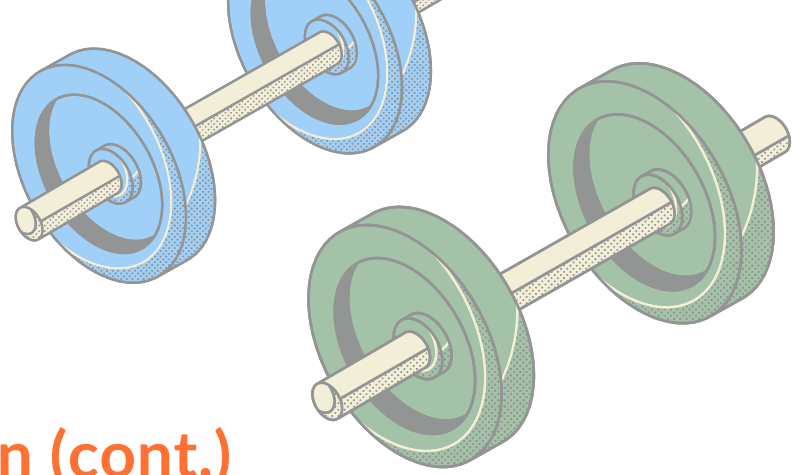
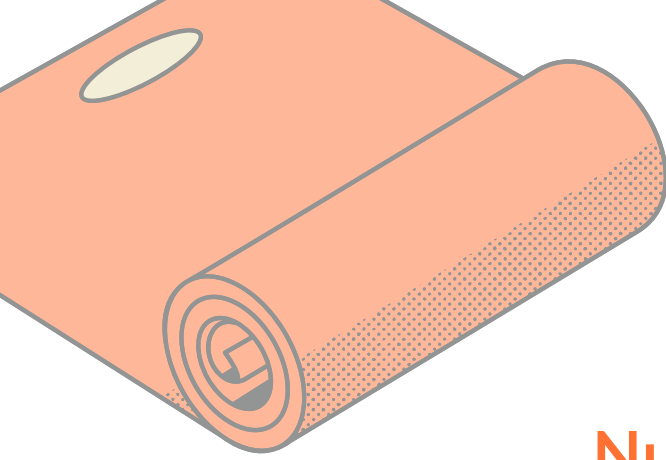
This information is for educational purposes. Participation in any exercise program carries the risk of injury. By engaging in this program, you acknowledge and accept this risk and agree to participate at your own risk. Consult with your doctor before starting any new exercise program.



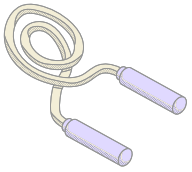
Nutrition

- If your kidneys are healthy, a goal daily protein intake = .8 to 1 gram / pound of body weight. (i.e. 150 lbs. x .8 or 1.0 = 120 - 150 grams per day) Might be good also to gradually increase your protein intake. Note...if you find things NOT moving through your system as they should, try scaling back on the protein.
- Why more protein? Low levels of estrogen produce a protein resistant environment, therefore we need more than the recommended daily allowance. A higher protein intake will also help you increase the amount of calories your body expends.
- Fill the remainder of your plate with varied color veggies and fruit.
- Add in portions of whole grains and legumes too for added nutrients.
- Legumes are another great source of plant protein.

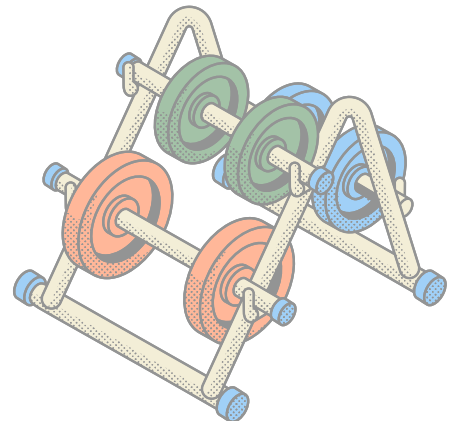
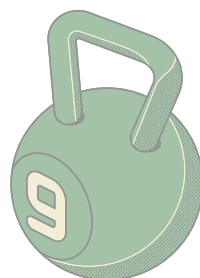
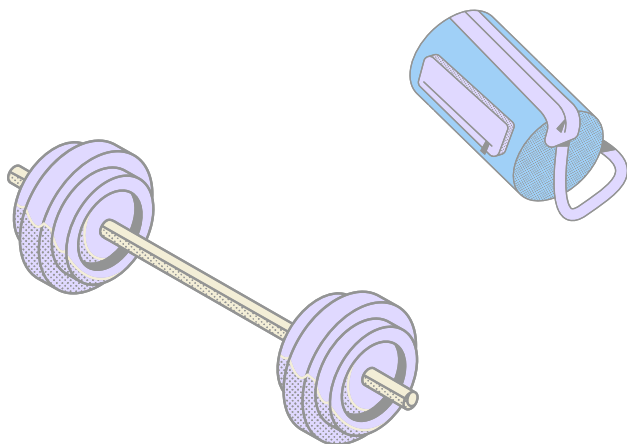
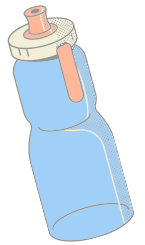


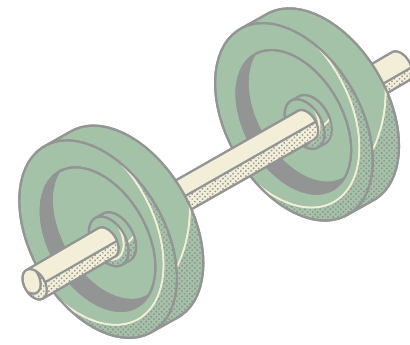
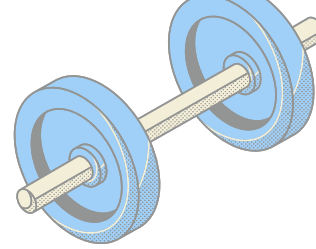
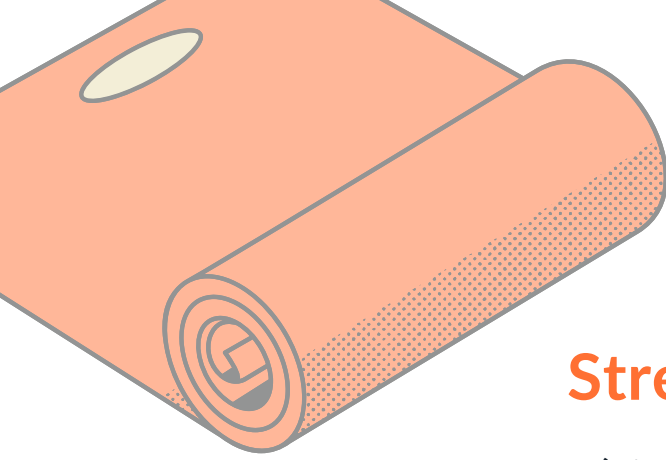


Nutrition (cont.)



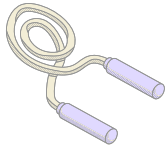
- If you can, eat a little something within 30 minutes of waking up to address the hormonal (cortisol) stress response and simmer down the part of the brain (hypothalamus) that may think your starving yourself.
- When your body doesn't think it's starving, you should store less fat and help your body reset it's fat burning thermostat then you'll be able to release more fat versus putting it on.
- This strategy will also help reduce the dangerous fat around your organs (visceral fat) in addition to the fat underneath your skin (subcutaneous fat).
- If possible, avoid working out on an empty stomach (fasted state). Also, shoot for eating something with about 10-15 grams of protein and about 30 grams of carbs before activity.
- Try to stop eating 2 hours or more before you go to bed



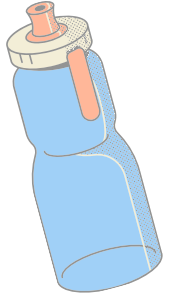


Strength Training

2 LHS (Lift Heavy Sh*#) sessions per week

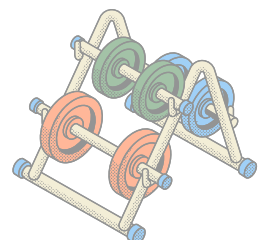
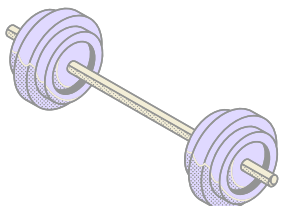
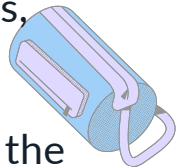


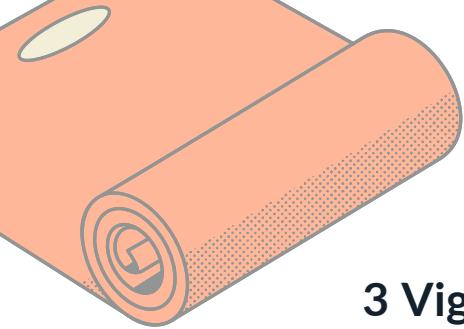
- Start out with about 5-10 minutes of slower moving stretches (dynamic stretching) to get your body ready for the workout and help free up your movement (mobility).
- If you have never done any type of strength training before. Start out with some body weight basic exercises that include all of the primary movement patterns. Squatting, lunging, pushing, pulling, and rotation (twisting).
- Then even if you have weight lifting experience, perform a warm up set of 10-15 reps followed by 3 sets of 6-8 reps (6 should be very hard and then struggle to do 2 more).
- You can split your days up to save time for example: Day 1 upper body and Day 2 Lower body.



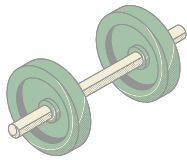
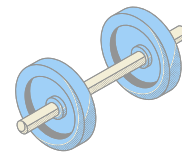
1-2 HIIT (High Intensity Interval Training) sessions per week

- 4-6 multi joint (compound) exercises like: squats, lunges, deadlifts, split squats, chest press, rows etc.
- Perform exercises in a circuit fashion. Every minute on the minute. Which means, do 10-15 reps with moderate weight for each exercise every minute. Rest 1 full minute after finishing all the exercises. Then repeat, for a total of 3 rounds.



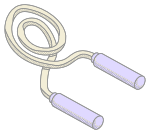


Cardio Training



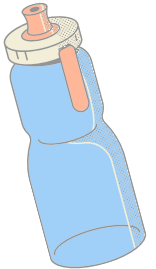
3 Vigorous Interval Cardio Sessions Per Week

(The ultimate goal is to shoot for about 10 total minutes of really hard activity per week)



Day 1

- Warm up 5 minutes
- Then 3-5 60 seconds all out as hard as you can go of your favorite cardio activity. Bike, waking, jogging, etc.
- Recover 2-3 minutes in between hard intervals
- Cool down 5 minutes



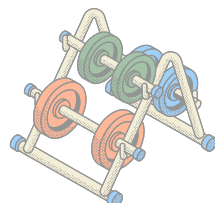
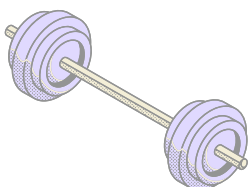
Days 2 & 3

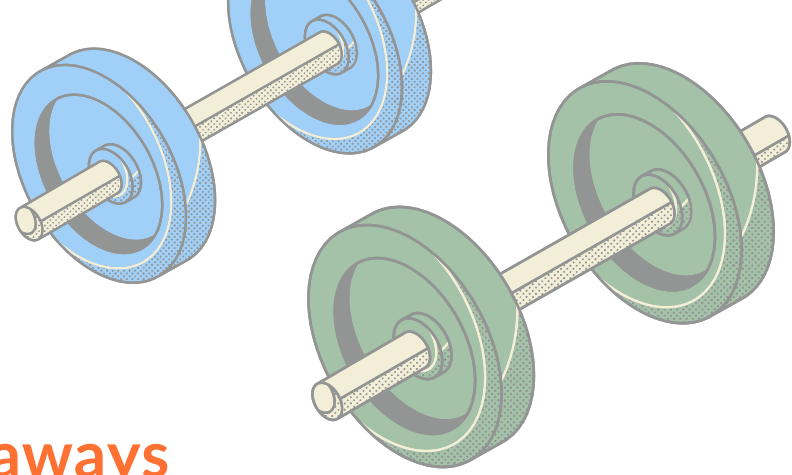
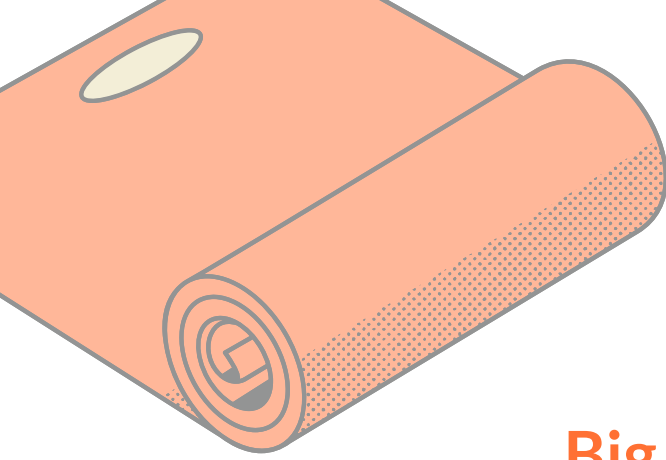
- Warm up 5 minutes
- Then 3-5 30 seconds all out as hard as you can go of your favorite cardio activity. Bike, waking, jogging, etc.
- Recover 2-3 minutes in between sprints
- Cool down 5 minutes



You can do slower intensity walks, rides etc. for fun, but unfortunately without our friend estrogen, that's not going to stimulate the body to release the fat like it used to. The goal of 10 weekly minutes of vigorous activity also will help reduce your chances of developing the major degenerative diseases associated with aging.

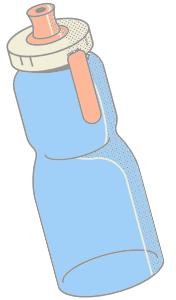
Walking however, is a good activity for overall health and is supported in the literature to help lengthen your health span.



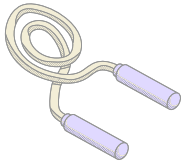


Big Takeaways

Key objectives to get better results in our 50's and beyond is to change what you used to do and re-work things to deal with the different menopausal and post menopausal hormone profiles of lower estrogen, progesterone, and testosterone.



Without our normal levels of estrogen we have to fool on our body through modified exercise and nutritional strategies to get it to release the fat, build muscle, and become stronger longer.



References

[Next Level](#), 2022, Dr. Stacy Simms and Selene Yeager

<https://www.thepauselife.com>, 2025, Dr. Mary Claire Haver

[The multifaceted benefits of walking for healthy aging: from Blue Zones to molecular mechanisms](#)

[Vigorous Intermittent Lifestyle Physical Activity and Cancer Incidence Among Nonexercising Adults: The UK Biobank Accelerometry Study](#)

