



INTRODUCING

Stronger Every Day

**THE MIDLIFE WOMAN'S GUIDE TO RESISTANCE
TRAINING & FUNCTIONAL STRENGTH**



Meet Your Guide

Hi, I'm Fee, a qualified health and wellness coach, fitness instructor and passionate advocate for helping women 50+ feel strong, energised and fabulous in their second half of life.

Like many women, I hit a point in my 50s where I quietly asked myself, 'Is this it?'

I didn't want to slow down - I wanted to feel strong in my body, capable in my movements and confident doing the things I love - travelling, exercising, exploring and living fully.

But I also started to notice the subtle changes...

- Muscle tone softening
- Strength not quite what it used to be
- Everyday things feeling just that little bit harder
- And the realisation that if I didn't actively build strength, I might slowly lose it

That curiosity led me to dig deeper into resistance training - not heavy, intimidating gym workouts, but simple, effective ways to build strength, protect muscle and support the body through midlife and beyond.



Now, I help women just like you feel stronger, more capable and more confident in their bodies without spending hours in the gym or following complicated programs.

This guide focuses on two of the most powerful (and often underused) tools for ageing well:

Resistance Training & Functional Strength

These are the foundations of staying strong, independent and energised - helping you lift, carry, move and live life with confidence.

And the good news?

You don't need to be 'fit' to start. You just need to start.

This guide is practical, simple and designed for real life with easy-to-follow steps, quick wins and gentle progressions you can build into your week.

Let's help you feel stronger every day in your body and in your life.

Welcome to Stronger Every Day!

This guide is your simple, practical roadmap to building strength, protecting your body and feeling more capable after 50.

As we move through midlife, it's completely normal to notice changes in muscle tone, strength and energy. But this isn't a reason to slow down - it's a reason to get stronger, more intentionally.

Inside, you'll discover simple ways to build strength through resistance training and functional movement - two of the most powerful tools for staying independent, boosting metabolism and feeling confident in your body.



No complicated gym routines.

No extreme workouts.

Just simple, realistic strategies that fit into your life.

By the end of this guide, you'll have a clear, achievable plan to help you feel stronger, more supported and ready for whatever life throws your way.

Free x



SECTION 1 - RESISTANCE TRAINING

STEP 1:

Why Resistance Training Matters After 50

Resistance training is one of the most important things you can do for your body in midlife.

It's not just about 'toning', it's about protecting your strength, your health and your independence.

Here's why it matters:

- Builds and maintains muscle mass (which naturally declines with age)
- Boosts metabolism - helping your body use energy more efficiently
- Supports bone density - reducing risk of osteoporosis
- Improves strength for everyday tasks
- Enhances posture and reduces aches and pains
- Supports hormone balance and energy levels



💡 *Many women say they feel more confident, capable and energised within just a few weeks of consistent strength training.*

Quick Win: Think about one daily task (lifting groceries, getting up from the floor, carrying bags) - strength training directly improves this.

STEP 2:

How Much & How Often Should You Train?

You don't need long workouts – just consistency and the right approach.



General Guidelines

- General guidelines:
- 2-3 strength sessions per week
- 20-30 minutes per session
- Focus on full-body movements
- Start with bodyweight, then progress to resistance (bands, dumbbells)
- Rest days in between sessions

Rule of Thumb:

You should feel challenged, but still able to maintain good form.



STEP 3:

Simple Resistance Exercises to Get Started

You don't need a gym – start with foundational movements.

Lower Body

- Squats (sit-to-stand from a chair)
- Lunges or step-backs
- Glute bridges



Upper Body

- Wall or incline push-ups
- Dumbbell or band rows
- Shoulder presses



Core

- Bird dog
- Dead bugs
- Standing core twists



Get your Beginner all-in-one routine [HERE](#)



💡 These movements mimic real-life actions – sitting, lifting, pushing, pulling.

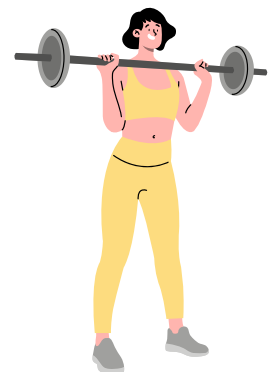
STEP 4:

Resistance Training Checklist

Use this as your weekly habit builder.

Weekly Strength Goals

- ☐ 2-3 workouts completed
- ☐ Full-body movements included
- ☐ Challenged muscles (slight fatigue by end)
- ☐ Rest days taken



Progress Tracker

- Feeling stronger week to week
- Lifting slightly heavier or doing more reps
- Improved confidence in movements

Celebrate progress – not perfection

Get your
Resistance
Guide [HERE](#)

SECTION 2 - FUNCTIONAL STRENGTH

STEP 1:

Why Functional Strength Matters

Functional strength is about training your body for real life.

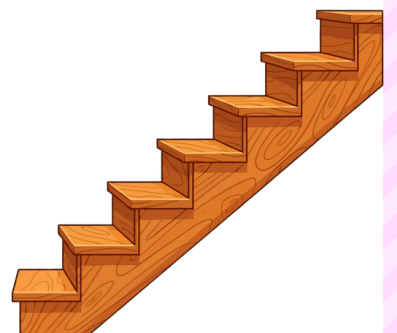
It's what helps you:

- Carry groceries
- Lift luggage
- Get up from the floor
- Climb stairs with ease
- Move confidently when travelling or exploring



This is where strength training becomes life-enhancing, not just exercise.

 **Functional strength = independence, confidence and freedom.**



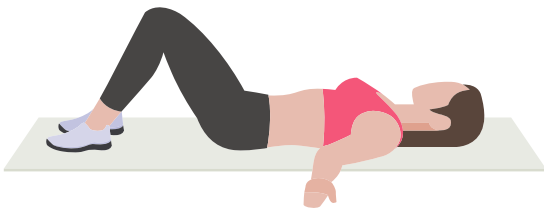
STEP 2:

How Much & How Often?

Functional movement can be built into both workouts and daily life.

Guidelines:

- Include functional movements in every workout
- Practice small 'movement moments' daily
- Focus on control, balance and coordination



Get your 10–20min all in one routine [HERE](#)



STEP 3:

Easy Ways to Build Functional Strength Daily

Think beyond workouts – this is where the magic happens.

At home

- Sit-to-stand without using hands
- Carry groceries evenly on both sides
- Practice getting up from the floor

Out & about

- Walk up stairs instead of lifts
- Carry your own bags
- Stay active while travelling

Exercise Add-Ins

- Farmer's walks/carries (holding weights while walking)
- Step-ups
- Rotational movements
- Single-leg exercises



💡 ***Functional strength is built through doing, not just training.***

Get your Strength Hacks for Everyday Life [HERE](#)

STEP 4:

Functional Strength Checklist

Start making functional strength a part of your daily routine.

Daily Movement Habits

- ☐ Sit-to-stand practice
- ☐ Carrying (bags, weights, groceries)
- ☐ Balance + strength combined
- ☐ Moving in different directions



Weekly Progress

- Everyday tasks feel easier
- Less fatigue doing normal activities
- Increased confidence moving your body

Get your Functional Strength Guide [HERE](#)



STEP 5:

Sample Functional Movement Plan

Quick Daily Add-On (5-10 mins)

- Sit-to-stand x 10
- Step-ups x 10 each side
- Carry weights or bags for 1-2 minutes
- Single-leg balance hold



Progression

- Add weight
- Increase time under tension
- Combine movements (e.g. squat + press)



 **Tip: Think 'train for life, not just workouts'.**



Final Thought...

Strength training isn't about becoming someone new
- it's about becoming *more of who you are*.

Stronger.
More capable.
More confident.

And the best part?

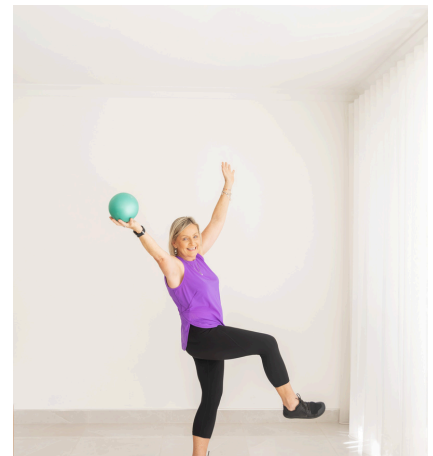
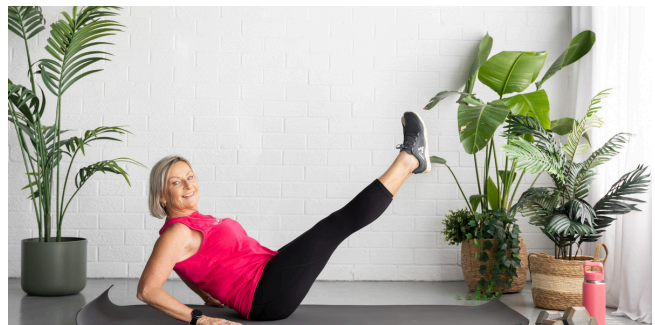
It's never too late to start.

Small, consistent steps will build a body that supports
you for everything you want to do in this next
chapter.

You don't need to do it perfectly.

You just need to begin.

Stronger every day 🍀❤️





You did it!

You've just taken a powerful step toward feeling stronger, more capable and more confident in your body.

By exploring resistance training and functional strength, you're giving your muscles, bones and everyday movement the attention they deserve – all in just a few minutes a day.

Small, intentional strength work really does add up. By using the mini-routines, strength snacks and weekly checklist in this guide, you're building habits that support muscle tone, metabolism, bone health and functional independence – helping you move through life with more ease and confidence.



Remember, this isn't about doing everything perfectly. It's about consistency, awareness, and choosing strength that fits your life and your body, every day.



What's Next?



If you loved this guide, here are a few ways to keep your strength momentum going:

- Revisit your [Strength Snacks](#) whenever you need a quick boost
- Use the [Weekly Checklist](#) to stay consistent and track your progress
- Pair this guide with   [Move with Ease: The Midlife Woman's Guide to Stretching, Balance & Mobility](#) to give your body a complete foundation of strength, flexibility, balance and mobility
- Try combining your strength snacks with daily movement habits like walking, stretching breaks or functional movements at home.

And if you're ready for extra guidance, accountability and connection, I'd love to welcome you into my world of midlife movement and wellness.

Stay Connected



If you're ready for more *personalised support*, you're invited to take the next step.

Join my community for ongoing inspiration, mini-strength ideas, practical tips and support designed specifically for women 50+ who want to feel strong, move well and live fully.

I'd love to hear how you're going, what routines you enjoy, and the small wins you notice along the way.

Here's to building strength that supports your life, creating habits you actually enjoy, and feeling confident in your body as you step into this next chapter.

You've got this,

Fee xx



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