

Time for a new approach.

WHY YOUR OLD PLAN ISN'T WORKING AFTER 40



After 40, Most of Us Hit a Wall

Hitting 40 can feel like a turning point. The strategies that once kept you fit, energized, and on track may suddenly seem ineffective. This isn't a sign of failure, but rather an indication that your body and life have evolved. Let's explore why your old plans might be falling short and, more importantly, what does work.

Visit us at www.newbodylegacy.com for more information.

Why Old Plans Stop Working

As we age, our bodies undergo significant changes. A slowing metabolism means you can't eat the same way you did in your 20s without seeing changes in your weight. Hormonal fluctuations, particularly for women, can affect energy levels, mood, and the ability to build muscle. Loss of muscle mass further contributes to a slower metabolism and reduced strength. Simultaneously, the demands of career, family, and aging parents often lead to increased stress levels, impacting both physical and mental well-being.



- Metabolism Slowdown: Natural decline in metabolic rate.
- Hormonal Shifts: Changes affect energy, mood, and muscle mass.
- Decreased Muscle Mass: Impacts strength and calorie burn.
- Increased Stress: Life stage often brings greater responsibilities.

Client Voices

"I was struggling to lose weight and feeling exhausted all the time. After adjusting my diet and incorporating strength training, I have more energy and feel stronger than I have in years!" - Jane D.

"Stress management was a game-changer for me. Learning to prioritize self-care has made a huge difference in my overall well-being." - Mark S.



ARE YOU READY TO GROW?

Turning 40 is not about giving up; it's about evolving. By understanding the changes your body is undergoing and adapting your strategies accordingly, you can achieve optimal health and vitality.

Embrace this new chapter with a fresh perspective and a commitment to your well-being. It's time to thrive!

Grow 🌱 Your Future Self Depends On It.™
CJ Massie, Founder of New Body Legacy

