



MIND & MUSCLE OVER 50

Livingood Daily

A woman with grey hair, wearing a grey tank top with a pink trim and grey leggings, is lifting two black dumbbells. She is looking towards the camera with a slight smile. The background is a bright, out-of-focus indoor space with large windows. In the top left corner, there are decorative curved lines in blue and purple.

THE BLUEPRINT FOR YOUR NEXT CHAPTER

Turning 50 is more than just a milestone — it's the moment when your body and mind start a natural decline that you must fight against if you want to enjoy your golden years.

But it doesn't have to be that way! When you start targeted training in your 50s, you can reverse many of these changes, not just slow them down. And this guide has everything you need to not just fight back, but thrive.



Here's what you'll find in this guide:



Exercise That Fuels Both Muscles And Mind

Discover how **the right mix of cardio, strength, and interval training** doesn't just build muscle, it actually boosts memory, focus, and processing speed.



Protein And Creatine, Simplified

The **science-backed nutrients** your body and brain need most after 50, and how to get them in the right amounts.



Nutrition Strategies That Work With Your Biology

How to build meals that burn fat, fuel muscle, and keep your blood sugar steady — and how to know which foods to avoid!



Meal Timing And Fasting For Real Energy

Why when you eat matters just as much as what you eat, and how **strategic fasting with planned carb refeeds** can reignite fat loss and protect muscle.



Brain-Boosting Tactics

From supplements to sleep to simple daily practices, learn how to calm stress hormones, strengthen memory, and even reduce dementia risk.



Supplements That Actually Matter

Skip the hype and focus on **the few proven options** that give your body and brain an edge.



EXERCISE HIIT



Why Exercise Comes First

We start with exercise because ***it's the spark that makes everything else work.*** You can eat perfectly, take every supplement, and even practice brain training, but if you don't move your body, those efforts never deliver their full potential:

- ✓ ***It keeps your muscles strong, which is critical after 50 when weakness doubles your risk of early death and robs you of independence.***
- ✓ ***It protects your brain by releasing powerful chemicals that grow new cells and strengthen memory.***
- ✓ ***And it trains your body to burn stubborn fat without sacrificing the muscle that keeps your metabolism alive.***

It's not just one piece of the plan, it's the key that unlocks all the others.



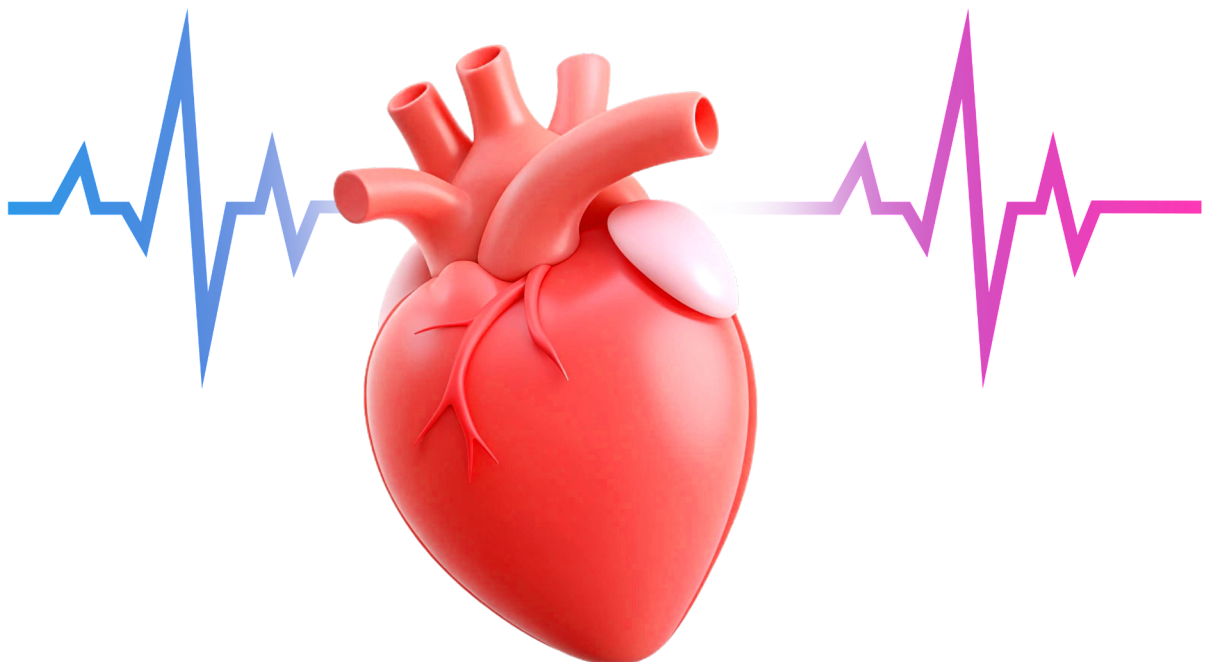
Why High Intensity Interval Training (HIIT) is The Best Option After 50

A lot of people think the safest way to exercise after 50 is long, steady workouts. The problem is, **those methods don't trigger the changes your body needs most at this stage of life.** They burn calories, but they don't stop muscle loss, they barely improve brain health, and they place an unhealthy amount of stress on your body.

HIIT works differently. Short bursts of effort followed by quick recovery trigger a surge of repair signals that your body can't ignore. In head-to-head studies, older people doing HIIT:

- ✓ Improved their cardiovascular fitness by **35–46%**, compared to only **10–20%** with steady exercise
- ✓ **Lost 21% more body fat** than those who spent twice as long on cardio
- ✓ And **saw memory and mental flexibility improve by 10–15%**, while steady exercise produced little-to-no improvement

That's why HIIT is the best form of exercise. It doesn't just save time, it delivers more of the benefits that matter after 50, in a fraction of the time.





How to Train with HIIT

There are many ways to do HIIT, but the principle is always the same: push hard for a short burst, rest briefly, then repeat.

My approach is built to give you all the benefits of HIIT without long sessions or complicated routines. It's short, simple, and adjustable for any fitness level. Here's how it works:

- Choose a few **full-body movements** (like squats, push-ups, or jumping jacks).
- Perform each one at a challenging pace for **50 seconds**.
- Rest for **10 seconds**, then move on to the next movement.
- After completing all three, rest **30–40 seconds** before starting the next round.
- Repeat for 3 rounds total — the entire workout takes less than 10 minutes.

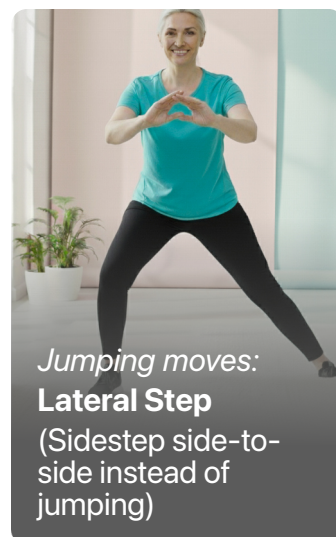
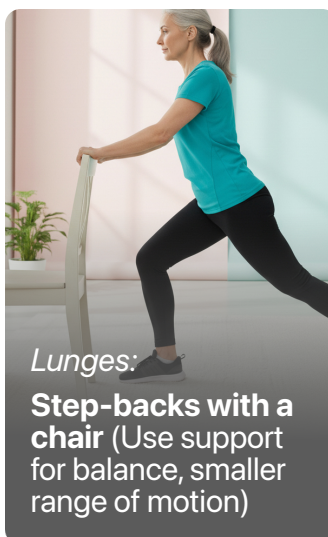
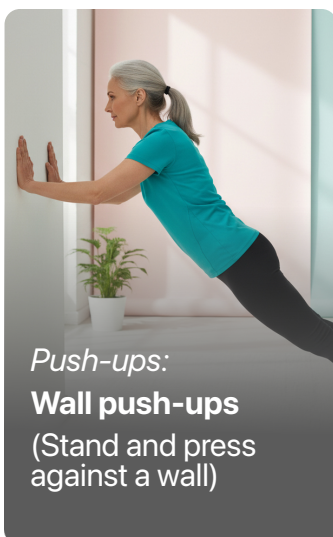
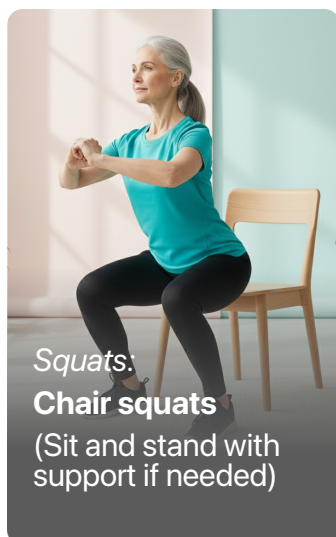
That's it. Ten minutes a day, six days a week — just one hour total — is all you need.

If you're new, you'll start with easier versions of the moves. If you're more advanced, you'll ramp them up for more challenge. I designed three levels of difficulty so anyone can follow this plan and keep progressing. Here are some examples:

Level 1:

Getting Started (Beginner)

This is for anyone brand new to exercise, dealing with joint pain, or nervous about intensity. Some examples of modifications you might make to the exercises include:





Level 2:

Standard Training (Intermediate)

When you're comfortable with the basics and ready to push harder, move up to level 2. At this stage you'll perform the standard form of each exercise:

- Use **full bodyweight moves** like squats, lunges, mountain climbers, and planks.
- Move at a pace that leaves you breathing heavy but still able to finish the workout.

Example circuit:

Squats



Push-ups



Mountain climbers



Level 3:

Building Strength (Advanced)

You can increase resistance or make the movements explosive by:

- Adding **weights or resistance bands** to bodyweight moves.
- Use **explosive variations** (squat jumps, star jumps, burpees).
- Stack two or more 10-minute circuits together if you want longer training.

Example circuit:

Shoulder Press



Squats



Renegade Rows



Sample Workouts

Below are some links to sample video workouts if you want to try one of these for yourself:

10 Minute HIIT Workout #1:

Front Squats, Palm Push Backs, and Skier Swings [PLUS Ab Bonus]



Join me for a guided 10-minute workout with three movements—**front squats, palm push backs, and skier swings**—each with Level 1, Level 2, and Level 3 modifications. He'll also guide you through a **2-minute ab bonus with toe touches and loaded sit-ups**, followed by cool-down stretching.

[CLICK HERE TO DO THE WORKOUT!](#)

10 Minute HIIT Workout #2:

Lateral Lunges, Uppercuts, and Jack Presses [PLUS Ab Bonus]



Join me for a guided 10-minute workout with three movements—**lateral lunges, uppercuts, and jack presses**—each with Level 1, Level 2, and Level 3 modifications. He'll also guide you through a **2-minute ab bonus with bent knee crunches and high knees**, followed by cool-down stretching.

[CLICK HERE TO DO THE WORKOUT!](#)



10 Minute HIIT Workout #3:

Forward Lunges, Star Jumps, and Roof Raiser Squats [PLUS Ab Bonus]



Join me for a guided 10-minute workout with three movements—**front squats, palm push backs, and skier swings**—each with Level 1, Level 2, and Level 3 modifications. He'll also guide you through a **2-minute ab bonus with toe touches and loaded sit-ups**, followed by cool-down stretching.

[CLICK HERE TO DO THE WORKOUT!](#)

10 Minute HIIT Workout #4:

Squat Press, V-Sit + Lat Raise, Squat + Lat Raise [PLUS Ab Bonus]



Join me for a guided 10-minute workout with three movements—**squat presses, v-sit + lat raises, and squat + lat raises**—each with Level 1, Level 2, and Level 3 modifications. He'll also guide you through a **2-minute ab bonus with crunch + punches and side planks**, followed by cool-down stretching.

[CLICK HERE TO DO THE WORKOUT!](#)



10 Minute HIIT Workout #5:

Deadlift + Calf Raise, Jump Squat, Good Mornings [PLUS Ab Bonus]



Join me for a guided 10-minute workout with three movements—**dead lift + calf raises, jump squats, and good mornings**—each with Level 1, Level 2, and Level 3 modifications. He'll also guide you through a **2-minute ab bonus with crunch + punches and v sit passes**, followed by cool-down stretching.

[**CLICK HERE TO DO THE WORKOUT!**](#)

PROTEIN + CREATINE



If you're putting in the work but not seeing results, this is why. After 50, your body runs low on the raw materials that drive strength and brainpower. **Protein needs go up, creatine stores go down, and most people fall short on both** — which means you're only getting a fraction of what your workouts could deliver.

Why Protein Matters

- After 50, your body develops **"anabolic resistance"** — it becomes harder to turn protein into muscle. Older adults need **about 68% more protein** than younger people to get the same effect.
- Without enough, muscle loss accelerates: on average, **1% per year after 50**, which can add up to **30–50% by age 80**.
- Protein isn't just for muscle — it makes up **half of your bone volume**, supports hormone function, and keeps your metabolism active.

Why Creatine Matters

- **Creatine isn't a steroid** — it's a natural nutrient your body uses to recharge energy in both muscle and brain cells.
- By 50, **your body produces and stores far less creatine**, just as your need for it goes up
- Supplementing creatine has been shown to:
 - **Add 3+ pounds of lean muscle** in a few months when combined with training
 - **Boost strength by 5–15%**, especially in the fast-twitch fibers that protect against falls
 - Nearly **double memory performance** in older adults compared to placebo
 - **Improve energy and reduce fatigue** within weeks



How Much Do You Need?

Protein

For Healthy Aging & Muscle Preservation:

Aim for ***at least 0.5 grams of protein per pound of body weight daily***. For a 200lb adult, that would be around 100 grams per day.



For an Active Lifestyle (Regular Walking, Yoga, Light Exercise):

Aim for ***around 0.75 grams per pound of body weight daily*** to support recovery and overall energy.



For Strength Training or Weight Loss:

Aim for ***around 1 gram per pound of body weight daily***. This level helps preserve or build lean muscle while losing fat or training harder.



Creatine

Take 3–5 grams of creatine monohydrate daily. You can load higher if you want faster results, but daily steady dosing works just as well over time. Taking it with magnesium significantly improves your body's ability to absorb it.





Quick Creatine FAQs

Creatine is one of the *most studied and effective supplements* out there, but it's also one of the most misunderstood. To clear up the confusion, here are answers to the questions people ask most often:

Should I take creatine with magnesium at a certain time (AM vs PM, before vs after a workout)?

Some people take creatine around workouts to support performance, however you can take it any time of day. The most important factor is consistent use, so choose a time that fits your routine that you will reliably remember. Always consult your healthcare provider with any questions.

Who can benefit from creatine? Is it only for men or bodybuilders?

Not at all. Older adults — especially women — often see the most noticeable benefits, since natural levels are typically lower to begin with!

If I'm taking creatine with magnesium then should I stop taking my regular magnesium supplement?

No, we recommend taking both. Taking one form of magnesium with your creatine helps it absorb, but your body still requires other forms of magnesium to function properly. So in addition to taking a blend of magnesium and creatine, we also recommend taking a separate magnesium supplement with all seven forms as well.

What should I mix it in?

Creatine can be added to your favorite beverages or just added to water. Ideally do not add it to a hot beverage or coffee as it can impact the absorption and effectiveness.

Do I need to cycle on and off?

No. You can take creatine daily without breaks. Your muscles will hold it as long as you stay consistent.



Does creatine cause bloating or weight gain?

No. Creatine pulls water into your muscle cells, which helps them perform better. That's not puffiness — it's hydration at the cellular level. Many people actually look leaner because muscles appear fuller.

Is creatine a steroid?

No. Steroids are synthetic hormones. Creatine is a nutrient your body already makes and stores in muscle and brain cells. Supplementing simply tops off what your body can't keep up with on its own.

NUTRITION FOR MIND & MUSCLE



What you eat is the most constant signal your body receives. Unlike exercise or supplements, food shows up several times a day, every day... and those choices compound. **That's why nutrition is either your strongest weapon or your biggest liability.** After 50, every meal is either driving decline or protecting your mind and muscle for the years ahead.

The Mind & Muscle Plate

The simplest way to protect your muscles and mind is to build every meal around protein, healthy fat, and fiber.

This combination supports muscle strength, brain health, fat loss, and steady energy all at once.

- ✓ **Protein** keeps muscle tissue from breaking down, which is critical since muscle loss accelerates after 50. Strong muscles protect your independence, keep your metabolism alive, and even support better thinking by improving blood sugar control.
- ✓ **Healthy fats** fuel your hormones, supports healthy inflammatory levels, and provide the brain with the steady energy it needs to stay sharp. Without them, both mood and memory take a hit.
- ✓ **Fiber** balances blood sugar, supports gut health, and keeps cravings in check. It also plays a surprising role in the brain: gut bacteria turn fiber into compounds that supports healthy inflammatory levels and protect memory as you age.

Food Examples

To make this work in real life, you need to know what to put on your plate.
Here are the foods I recommend building your meals around:

Proteins

(0.5-1g/pound of bodyweight/day)



- ✓ Organic eggs
- ✓ Organic chicken or turkey
- ✓ Wild-caught fish (salmon, sardines, mackerel)
- ✓ Canned tuna (wild-caught)
- ✓ Grass-fed beef
- ✓ Protein powders with no added sugar
- ✓ Beans, lentils, and peas
- ✓ Nuts and seeds

Healthy Fats

(0.3-0.5g/pound of bodyweight/day)



- ✓ Avocados
- ✓ Olive oil or coconut oil
- ✓ Grass-fed butter or ghee
- ✓ MCT oil
- ✓ Nuts and seeds (almonds, walnuts, chia, flax)
- ✓ Coconut milk (unsweetened)
- ✓ Egg yolks
- ✓ Fat from grass-fed beef, pasture-raised pork, or lamb
- ✓ Wild-caught fatty fish

Fiber-Rich Foods

(Women: 21g/day, Men: 30g/day):



- ✓ Leafy greens (spinach, kale, arugula)
- ✓ Cruciferous veggies (broccoli, cauliflower, Brussels sprouts)
- ✓ Low-sugar fruits (berries, apples, pears, grapefruit, lemon, lime)
- ✓ Chia seeds, flaxseeds
- ✓ Beans or lentils
- ✓ Nuts and nut butters



Cutting The C.R.A.P.

After 50, what you take out of your nutrition matters just as much as what you put in. To help you remember what you cut out, I've come up with the acronym **C.R.A.P.**, which stands for **Carbs and sugars, Rancid oils, Artificial ingredients, and Processed proteins**. These are the four biggest drivers of weight gain, inflammation, brain fog, and muscle loss. Below are examples:

C Carbs & Sugars



- Cut refined sugars like table sugar, high-fructose corn syrup, and candy.
- Drop refined starches such as white bread, pasta, and pastries.
- Watch for hidden sugars in “healthy” foods like protein bars, flavored yogurts, and cereals.

Too much sugar wears out your insulin system, overloads the liver, and keeps fat locked in storage.

R Rancid Oils



- Avoid oils high in linoleic acid, such as canola, soybean, corn, safflower, peanut, and cottonseed.
- Eliminate foods made with these oils, including fried foods, margarine, and most packaged foods.

These oils damage cell membranes, inflame tissues, and can linger in your body for nearly two years.



A Artificial Ingredients



- Stay away from sweeteners like sucralose, aspartame, and saccharin.
- Avoid food dyes such as Red 40 or Yellow 5, and preservatives like MSG, BHT, and TBHQ.

Artificial ingredients rewire brain chemistry, disrupt hormones, and add a toxic burden your body can't use.

P Processed Proteins



- Cut out deli meats, hot dogs, bacon, sausages, and low-quality protein powders.
- Be cautious with fake health proteins — soy isolates, plant-based meats, or powders with fillers and additives.

Your body rebuilds itself from the protein you eat. If the source is loaded with toxins, hormones, or rancid oils, you're building with bad materials.



Meal Examples

To put these recommendations into practice, here are some balanced meal ideas that deliver the right amount of protein, along with fiber and healthy fats, to support muscle and brain health.

Breakfast



Ingredients

- 3 eggs
- ~1 cup vegetables (bell peppers, spinach, zucchini, mushrooms, broccoli, onion, etc.)
- ~½ cup turkey bacon or turkey sausage (*optional*)
- Sea salt, pepper (to taste)
- 2 tbsp coconut oil
- *Optional toppings:* avocado, cheese (cheddar, feta, goat, etc.), chives

Instructions

Whisk eggs, vegetables, cooked meat, and seasonings in a bowl. In a medium pan, **heat oil** over low–medium heat. **Cook for 6–8 minutes**, stirring occasionally, until eggs are **fully cooked**. Top with your favorite toppings.



Breakfast



Healthy Apple Muffins

Serves 8 | 40 Minutes

Ingredients

- ½ cup coconut flour
- 4 eggs
- 1½ tsp cinnamon
- 1 tsp baking soda
- ½ cup full-fat coconut milk
- ½ cup butter, melted and slightly cooled
- ⅛ cup organic raw honey (*or substitute with ½ scoop Livingood Daily Collagen + ⅛ cup almond butter for a no-sugar option*)
- 2 tsp vanilla extract
- 1 tsp apple cider vinegar
- ½ tsp sea salt
- 1 granny smith apple, peeled and finely diced

Instructions

Put all ingredients (except the apple) in a food processor or mixing bowl. If using a bowl, **mix** dry and wet ingredients separately, then **combine**. **Mix until smooth. Add diced apple and stir to combine.**

Fill a parchment-lined muffin tin about $\frac{3}{4}$ full. Bake for **25–30 minutes at 350°F**, or until **lightly browned**.

Breakfast



Blueberry Almond Milk Smoothie
Serves 1 | 10 Minutes

Ingredients

- 1 large handful of spinach
- 1 cup full-fat coconut milk and/or unsweetened vanilla almond milk
- ½ -1 cup frozen blueberries
- 1 heaping spoonful of raw almond butter
- 1 scoop Livingood Daily Collagen + Multi (Vanilla)
- 1 tsp Cacao nibs (optional)
- 1 tsp Flax and/or chia seeds (optional)
- ice (3-4 pieces)

Instructions

Blend all ingredients in a blender until smooth. Add more milk as needed depending on desired consistency.

Lunch



Pesto Chicken

Serves 2 | 30 Minutes

Ingredients

- 2 organic chicken breasts
- 2 cups organic spinach
¼ cup organic chicken broth
- 1 tsp lemon juice
- 1 tsp Bragg's Coconut Secret Organic Aminos
- 7 basil leaves, minced
- 2 cloves garlic
- ¼ tsp garlic powder and salt

Instructions

In a small pan, **cook chicken** with ¼ cup of chicken broth until the liquid is absorbed and the chicken is lightly browned. Set the chicken aside and **deglaze** the pan with the remaining ¼ cup broth. Add spinach and basil and **cook for about 1 minute**, then remove from heat.

In a blender or food processor, **puree** the spinach with garlic, lemon juice, Bragg's, and spices. **Pour the sauce over the chicken, simmer for 1–2 minutes**, and serve with your favorite vegetable side.

Lunch



Easy Tuna Salad

Serves 2 | 10 Minutes

Ingredients

- 2 (5-ounce) cans wild-caught tuna in water, drained
- 2 cups celery, diced
- ½ cup chopped walnuts or slivered almonds
- 2 tsp lemon juice or apple cider vinegar
- ⅔ cup avocado oil mayo
- Salt and pepper, to taste

Instructions

Combine all ingredients in a bowl and mix well. For extra flavor and texture, **add** ½ avocado or ¼ cup dried cranberries. Serve over a bed of spinach or in romaine lettuce wraps for an easy, protein-packed meal.



Lunch



Burrito Bowl

Serves 2 | 20 Minutes

Ingredients

- 2 tbsp coconut oil or butter
- 2 organic chicken breasts, cut into chunks
- 1 can black beans
- 1 can organic non-GMO corn
- 3 tsp cumin
- 2 tsp chili powder
- Sea salt, pepper, and garlic salt, to taste
- *Optional toppings:* organic shredded cheddar cheese, organic sour cream, cilantro, avocado, shredded lettuce, and guacamole

Instructions

In a pan, **melt** the coconut oil or butter. Add the chicken and cook over medium-low heat until fully cooked. Stir in black beans, corn, and seasonings. **Simmer for 2–3 minutes until heated through.**

Dish into bowls and top with your favorite toppings.



Dinner



Chicken and Cauliflower Casserole

Serves 2 | 60 Minutes

Ingredients

- 2 chicken breasts, cooked
- 1 head cauliflower, cut into small chunks
- ¼ cup olive oil
- 1 tbsp paprika
- 1 tbsp garlic powder
- 3 tbsp hot pepper sauce (*check for no added sugar*)
- Sea salt and pepper, to taste
- ½ package turkey bacon, cooked and chopped
- 1 package organic shredded cheddar cheese
- 2 green onions (*optional*)

Instructions

Mix olive oil, seasonings, and hot sauce in a bowl. Add cauliflower and chicken, tossing to coat evenly. Transfer to an 8x8 baking dish and bake at **425°F for about 45 minutes.**

Top with cheese and bacon, then bake until the cheese melts. Garnish with green onions before serving, if desired.

Dinner



Brisket Taco Salad

Serves 4 | 6–8 Hours, 20 Minutes

Ingredients

- 2 lbs grass-fed brisket (*about ¼–½ pound per person*)
- 1 jar salsa verde
- Cotija cheese, shredded
- *Optional toppings:* avocado, salsa verde, sour cream, red onion, cilantro, lime, shredded lettuce, spinach, or 1 head romaine lettuce

Instructions

Place the brisket in a crockpot on medium **heat for 6–8 hours** with a small amount of water and about ⅓ of the jar of salsa verde. **Cook until the meat is tender** and easy to pull apart with a fork.

Once done, **serve** the brisket in a lettuce wrap or over a bed of spinach. Top with cheese, salsa, and any of your favorite toppings.



Dinner



Chicken Lo Mein with Veggie Noodles

Serves 2 | 30 Minutes

Ingredients

- 2 organic chicken breasts, cooked and cut
- 12 oz zucchini noodles
- 1½ cups crimini mushrooms, sliced
- 1 cup bok choy, chopped
- 1 cup broccoli, chopped
- ½ small onion, chopped
- 1 cup snap peas
- *Optional toppings:* sesame seeds, chopped green onions

Sauce

- ½ cup Bragg's Coconut Aminos
- 2 tbsp avocado oil
- 2 tbsp tapioca flour or arrowroot powder

Instructions

Preheat oven to **450°F**. Place zucchini noodles on a baking sheet and bake for **10 minutes**, until soft. (You can also sauté them briefly on the stove — just don't overcook.) Set aside.

In a frying pan, sauté the vegetables in **1–2 tbsp avocado oil or water** for about **5 minutes**, until soft. Set aside.

In a separate bowl, blend the sauce ingredients. Heat the mixture over medium heat, stirring until it thickens and smooths out. If it becomes too thick, add water a little at a time.

Combine the noodles, vegetables, and cooked chicken in a serving bowl. Pour the sauce over top and mix well. Garnish with sesame seeds and green onions, if desired.



MEAL TIMING / FASTING

We've talked about what to eat — now it's time to talk about when to eat.

By 50, most people graze from morning to night, and that nonstop feeding wears the body down. Muscles never fully repair, the brain never resets, and the body stays stuck in fat storage mode.

But fasting changes that rhythm. When you stop eating around the clock, you unlock the body's natural ability to repair and renew itself.

How to Ease Into Fasting

Most people fail at fasting because they jump straight into long stretches without food. That's like running a marathon without training. Instead, you want to build fasting into your rhythm step by step so your body adapts and it becomes sustainable.

Here's the progression I recommend:

1. **Stop snacking.** Start with three solid meals a day — breakfast, lunch, and dinner. This alone lowers insulin spikes and gives your body short breaks to reset.
2. **Cut the sugar.** Once you're steady at three meals, clean them up by removing processed carbs and sugars. This keeps your blood sugar stable and prevents cravings from derailing your fasts.
3. **Shrink the eating window.** Instead of eating late, try finishing your last meal earlier and skipping dinner entirely a few nights a week. For example, have breakfast and lunch, then stop eating by 3 p.m. That gives your body a long overnight stretch to repair and burn fat.
4. **Advance gradually.** As you get comfortable, you can experiment with longer fasting windows, or even try one meal a day occasionally — but the goal is progress, not perfection.

The key is not to rush. Each step trains your metabolism, strengthens your discipline around food, and sets you up to succeed with fasting long term.

Night Fasting: Aligning with Your Body's Clock

Once you're comfortable shortening your eating window, the next step is what I call **night fasting** — also known as “early time-restricted eating.” The idea is simple: eat earlier in the day, stop earlier at night, and give your body a true overnight break.



This matters because your body is designed to process food during daylight, not late at night. This is called your circadian rhythm. And when you follow it, incredible things happen:

- **Growth hormone rises as much as 300–400%**, guarding your muscle while helping you lose fat at the same time.
- Brain-protective **BDNF climbs by about 50%**, helping you grow new brain cells and keep your memory sharp.
- Glucose control improves by about **25%**, reducing insulin resistance
- Blood pressure naturally drops, with more stable levels throughout the day



When you're ready to try night fasting, here's how to get started:

- Eat your first meal around **7–9 a.m.**
- Finish your last meal by **2–3 p.m.** (6–8 hour eating window)
- If that feels like a stretch, start with a **10-hour window (8 a.m.–6 p.m.)** and shorten over time
- Even **3–4 days per week** of night fasting delivers real results!

Breaking Through Fat-Loss Plateaus

Once your fasting rhythm is in place, there's one more tool that can help you avoid the fat-loss plateau that comes with long-term calorie restriction: **strategic carb refeeds.**

When you stay in a calorie deficit for too long, your metabolism starts to slow, muscle tissue breaks down more easily, and fat loss grinds to a halt. You can stop that from happening by adding back clean carbs for a short window each week. Research shows people who do this **have twice the metabolic rate and preserved nearly all their lean muscle** compared to those who dieted continuously.

Here's how to do it:

- Wait until you notice that fat loss progress is stalling, usually between 3–6 months into your fasting routine.
- You still follow your normal fasting and eating rhythm **five days a week**.
- But on **two consecutive active days** — ideally two of your toughest workout days— increase your clean carbs to about **1.0–1.5 grams per pound of bodyweight**.
- Keep your protein intake steady and slightly reduce fats on those days so most of the extra calories come from carbs.

Focus on high-fiber, low-glycemic carbs such as:

- ✓ Sweet potatoes
- ✓ Lentils and beans
- ✓ Quinoa, wild rice, or other ancient grains
- ✓ Roasted root vegetables like beets, squash, and carrots
- ✓ Fruits such as apples, pears, and berries

You still want to avoid spiking your blood sugar. ***This isn't a pass to start eating a bunch of refined carbs.***

The reason you use carb refeeds on days when you are active is because the carbs are stored as glycogen in your muscles and liver. When you exercise — especially with HIIT style training — you deplete those stores. Eating carbs after that refills them efficiently rather than spilling over into fat storage.

Used this way, carbs don't stall fat loss, they actually speed it up. You hold on to muscle, keep your metabolism from crashing, and give your brain the energy it needs to stay sharp as your body transforms!

BONUS BRAIN BOOSTERS



You've worked hard to move your body, eat better, and change when you eat — and that lays the foundation.

But even if you do all of that, your brain can still slip faster than you realize:

- ❗ Stress left unchecked can shrink the memory center of your brain.
- ❗ Poor sleep alone can make your brain look years older on scans.
- ❗ And when your cells don't have enough energy, it shows up as brain fog, slower thinking, and poor memory

That's why, if you want your mind to stay as strong as your body after 50, there are a few more boosters you need to add...

Control Cortisol

With Breathing Techniques



Cortisol is your body's stress hormone, and when it stays high for too long it can do things like **shrink the hippocampus**, the part of your brain that stores and forms new memories. It also increases toxic amyloid proteins in the brain that **accelerate Alzheimer's disease**. So it's important to get it under control.

And believe it or not, the fastest way to do that is with your breath! Studies show that just a few minutes of slow, deliberate breathing each day **can drop cortisol by about 30%**. Here's exactly how to do it:

Box Breathing (great for stressful moments):

1. Inhale through your nose for **4 seconds**.
2. Hold your breath for **4 seconds**.
3. Exhale slowly through your nose or mouth for **4 seconds**.
4. Repeat for **1 minute**.

Paced Breathing (calms the body, improves focus):

1. Inhale gently through your nose for **5 seconds**.
2. Exhale through your nose or mouth for **5 seconds**.
3. Continue for **1–3 minutes**.

Do either method three times a day for one minute, or once a day for a full three minutes.

No equipment needed, just your breath — and the benefits build quickly!

Sleep:

The Nighttime Hormone Reset



Next, if breathing lowers cortisol in the moment, sleep is what keeps it under control long-term. **Poor sleep raises evening cortisol by nearly 50%**, and once that cycle starts, your brain never fully repairs.

So here's how to get the kind of sleep that protects the mind:

- **Aim for 7–8 hours.** Research shows this is the sweet spot for both memory and muscle health.
- **Keep a steady rhythm.** Go to bed and wake up at the same time every day — this keeps cortisol on track. Have a sleep alarm as well as a wake alarm.
- **Set the room temperature right.** Older adults sleep best between **68–77°F**. Too warm or too cold reduces sleep efficiency.
- **Make it dark.** Block out light with blackout curtains or an eye mask. Darkness cues your brain to release melatonin, your natural sleep hormone.
- **Cut screens and big meals before bed.** The blue light from devices and late-night eating both spike cortisol and delay deep sleep.

With quality sleep, cortisol peaks in the morning (to wake you up) and steadily drops through the day — ***the healthy pattern that keeps stress under control.***

Creatine + Magnesium: The Brain Booster



Finally, let's talk creatine again. This isn't just a supplement for athletes — it's one of the **most studied and effective brain boosters** you can take after 50. Studies on older adults show that creatine can:

- ✓ **Improve memory performance by nearly 20%**
- ✓ Almost **double recall ability** compared to placebo
- ✓ Improve energy and by significantly **reducing mental and physical tiredness**, especially during stressful tasks

And when you take it with magnesium, it gets even better! Your body needs magnesium to actually use creatine. So when the two are paired, performance improvements jump by as much as 46% compared to creatine alone, with better recovery and sharper focus showing up in both athletes and aging adults.

In other words, magnesium isn't an add-on — it's the key that unlocks creatine's full potential!



PREMIUM SUPPLEMENTS



Livingood Daily Creatine + Magnesium

This blend supercharges your cells with clean, lasting energy for both brain and body. Creatine fuels strength and memory, while magnesium unlocks its full potential—boosting absorption, performance, and recovery.

[**SHOP NOW**](#)



Livingood Daily Collagen + Multivitamin

As you age, your body's ability to turn protein into muscle slows, making collagen-rich nutrition essential. This blend restores the building blocks your muscles, joints, and even your brain rely on to stay strong and responsive. With added glucomannan for satiety and milk thistle for gentle detox support, it helps you stay steady, energized, and sharp from the inside out.

[**SHOP NOW**](#)



Livingood Daily Omega + Turmeric

Fuels your brain and muscles with ultra-pure omega-3s and supports healthy inflammation levels with turmeric. Support sharper thinking, stronger movement, and a more resilient body — so you can keep doing what you love with power and clarity!

[**SHOP NOW**](#)

ADDITIONAL RESOURCES

Watch the YouTube videos below for more information on mind, muscle, energy, and fat loss over 50:

30 Day Blueprint To Lose 20 Pounds Of Fat!



If you want to learn more about night fasting, be sure to watch this video where I lay out a simple, science-backed plan to lose as much as 20 pounds of fat in just 30 days — without starving yourself, tracking calories, or spending hours at the gym.

[CLICK HERE TO WATCH IT!](#)

Give Me 18 Minutes, I'll Show You How to Lower Cortisol and Burn Fat!



We only scratched the surface when it comes to lowering cortisol in the guide. In this video, I go deeper — showing you five proven ways to calm your stress hormones so your body can finally burn fat, sleep better, and think more clearly.

[CLICK HERE TO WATCH IT!](#)



It Took Me 15+ Years To Learn What I'll Tell You In 27 Minutes



If you really want to understand how food affects your hormones, energy, and fat loss, then this video is your next step. I'll show you the truth about what's keeping your body stuck and how to eat in a way that supports fat burning, balances your system, and gets lasting results.

[**CLICK HERE TO WATCH IT!**](#)

The Secret To Beating Menopause Belly Fat At EVERY Stage!



If you've noticed your body changing in ways that don't make sense — stubborn belly fat, sleepless nights, or workouts that stopped working — this video is for you. I break down exactly what's happening to your hormones through perimenopause, menopause, and beyond, and show you how to eat, move, and recover in ways that actually work with your body again.

[**CLICK HERE TO WATCH IT!**](#)



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