



LONAGE PRESENTS

Strong After 50



The Woman's Guide to
More Energy, Stronger
Muscles, Better Sleep &
Healthy Aging

A practical, evidence-informed
guide to building strength
for the years ahead.

Before You Begin

This e-book is for general educational purposes and is not a substitute for individualized medical care. If you have a medical condition, take prescription medication, have kidney disease, osteoporosis, a history of falls, or are returning to exercise after a long break, speak with a qualified health professional before changing your diet, supplement routine, or exercise program.

A note from Lonage

Healthy aging is not about chasing youth. It is about protecting the abilities that make everyday life feel independent: getting up from a chair, carrying groceries, climbing stairs, sleeping well, thinking clearly and recovering from activity.

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Why Strength Matters More Than Ever

For years, women were told that aging well meant eating less, staying slim and accepting lower energy as part of getting older. A more useful goal is healthspan: the years you live with good function, confidence and independence.

After 50, the body is not “finished.” It is responsive. Muscles adapt to resistance training. Balance improves with practice. Meals can be structured to support muscle repair. Sleep habits can be strengthened. Small actions, repeated consistently, can change how capable you feel in daily life.

01 Building Healthspan After 50

Lifespan is how long you live. Healthspan is how long you remain healthy and functional enough to do the things that matter to you. For women in midlife and beyond, that shift in focus moves attention away from appearance alone and toward function.

Think in abilities, not just numbers.

- Can you get up from the floor without struggling?
- Can you carry two grocery bags comfortably?
- Can you climb a flight of stairs without feeling completely depleted?
- Can you walk briskly and still feel steady?
- Can you sleep well enough to recover from the day?

- Do you feel strong enough to travel, garden, play with grandchildren or keep up with your routines? These are not formal medical tests. They are practical signals that help you notice whether your routine is supporting the life you want.



What changes around menopause?

The menopausal transition can overlap with changes in body composition, bone health, sleep and perceived recovery. At the same time, aging itself gradually affects muscle mass and strength. That combination is one reason resistance training, adequate nutrition and recovery become increasingly important.

Reframe the question

Instead of asking, “How do I get my old body back?” ask, “What does my body need now to stay strong for the next decade?”

02 Muscle Is Your Longevity Engine

Muscle is not only about appearance. It helps you stand up, stabilize joints, protect independence and perform everyday tasks. Resistance-based exercise is one of the most direct ways to challenge the body to maintain and build strength.

What counts as resistance training?

- Body-weight movements such as sit-to-stands and wall push-ups
- Resistance bands
- Dumbbells or kettlebells
- Weight machines
- Progressively harder versions of familiar movements

International clinical guidance for sarcopenia identifies progressive resistance-based training as a first-line strategy to improve muscle strength, muscle mass and physical function. You do not need an advanced gym program to benefit; you do need enough resistance to make the muscles work.

A simple 2-day strength template



Movement	Beginner option	Goal
Squat pattern	Chair sit-to-stand	8-12 reps
Push	Wall or counter push-up	8-12 reps
Pull	Resistance-band row	8-12 reps
Hinge	Hip hinge with light weight	8-12 reps
Carry	Carry two light bags	20-40 sec
Core	Standing march or dead bug	6-10/side

Start with one or two sets per movement. When the final repetitions feel easy and your technique remains controlled, add a little resistance, a few repetitions, or an extra set. Progress should feel deliberate, not punishing.

Pain rule

Muscle effort is expected. Sharp, sudden or joint pain is a reason to stop and reassess.

Walking still matters

Strength training does not replace walking or other aerobic activity. Walking supports cardiovascular fitness, mood, daily movement and recovery. A useful week can include both: strength on two or three days and walking on most days, adjusted to your health and fitness level.

03 Protein That Works for Real Life

Protein provides amino acids used to build and repair tissue. With age, researchers increasingly focus not only on the total amount of protein but also on food quality, meal pattern and pairing protein intake with resistance exercise.

The standard adult Recommended Dietary Allowance is about 0.8 g/kg/day, but reviews focused on healthy muscle aging have argued that many older adults may benefit from more than 1.0 g/kg/day. Older-adult expert guidance has commonly suggested roughly 1.0-1.2 g/kg/day for healthy adults over 65, with individual needs varying by health status, kidney function, activity and total energy intake.

Important
Do not use a protein target as a prescription. If you have kidney disease or another condition that affects protein needs, ask your clinician or dietitian for an individualized target.

The easiest strategy: protein at each meal



Instead of trying to “catch up” at dinner, build meals around a meaningful protein source. This makes the day easier and pairs well with an active lifestyle.

Meal	Simple protein anchor	Add color + fiber
Breakfast	Greek yogurt, eggs, cottage cheese or fortified soy	Berries, oats, chia, vegetables
Lunch	Chicken, tuna, tofu, beans or lentils	Salad, whole grains, roasted vegetables
Snack	Yogurt, edamame, milk/soy milk, nuts	Fruit or raw vegetables

Dinner	Fish, lean meat, tofu, tempeh, beans	Vegetables, potatoes or whole grains
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A no-counting plate

- Start with a protein food.
- Add vegetables or fruit.
- Add a fiber-rich carbohydrate if it suits your needs.
- Add healthy fats for flavor and satisfaction.
- Drink water regularly throughout the day.

The National Institute on Aging recommends a variety of nutrient-dense protein foods, including seafood, eggs, beans, nuts, seeds and soy products, along with lean meats and poultry.

04 The Creatine Question

Creatine is one of the most discussed supplements in strength and healthy-aging conversations. It is a compound stored largely in muscle and used in rapid energy production. Interest in women after menopause has grown because researchers are studying whether creatine can support training adaptations.

What the newer evidence suggests

A 2026 systematic review and meta-analysis of seven randomized trials in postmenopausal women found small improvements in lean mass and leg-press strength overall. The benefits were most evident when creatine was used at 5 g/day or more together with resistance training. The analysis did not find a clear overall improvement in bone density.

That does not mean every woman needs creatine. It means creatine may be one optional tool within a much larger foundation that includes training, adequate food, sleep and medical context.

Before adding a supplement

Check for interactions, kidney concerns, pregnancy status where relevant, product quality and whether the supplement actually solves a problem you have. A clinician or registered dietitian can help.

Foundation first

1. Build a repeatable strength routine.
2. Eat enough overall food and protein.
3. Sleep and recover.
4. Then decide whether a supplement adds meaningful value.

05 Sleep, Stress & Recovery

Training creates a signal. Recovery is when your body adapts to that signal. If your sleep is consistently poor, your workouts feel harder, motivation drops and daily movement can shrink.

A calmer evening rhythm



- Keep a broadly consistent wake time.
- Get daylight earlier in the day when possible.
- Reduce stimulating work close to bedtime.
- Keep the bedroom cool, dark and quiet.
- Limit late caffeine if it interferes with sleep.
- Use a short wind-down ritual: shower, reading, stretching or slow breathing.

Persistent insomnia, loud snoring, gasping during sleep, severe daytime sleepiness or new sleep problems deserve medical attention. Sleep apnea and other conditions become more common with age and should not be dismissed as “just menopause.”

Recovery is more than sleep

- Alternate hard and easier days.
- Eat after training rather than chronically under-fueling.
- Stay hydrated.
- Schedule light movement on low-energy days.
- Leave room for social connection and activities you enjoy.

A useful question

Do you finish most weeks feeling stronger - or simply more exhausted? Your plan should create capacity, not consume all of it.

06 Bones, Balance & Mobility

Strength and bone health overlap, but they are not identical. Bones respond to mechanical loading, while balance and coordination reduce the chance that a loss of footing becomes a fall.

Three things to practice



1. Strength

Train the legs, hips, back, chest, shoulders and arms with progressively challenging resistance.

2. Balance

Practice near a stable support: tandem stance, single-leg balance, controlled step-ups or heel-to-toe walking.

3. Mobility

Keep useful ranges of motion in the ankles, hips, upper back and shoulders. Mobility should support movement, not become an endless stretching project.

If you have osteoporosis

Exercise can still be valuable, but some movements may need modification. Ask a qualified professional about safe loading, spinal flexion and impact for your individual situation.

The 5-minute mobility reset

1. 10 slow ankle rocks per side
2. 6-8 supported hip hinges
3. 6 chair sit-to-stands
4. 5 gentle upper-back rotations per side

5. 20-30 seconds of supported balance per side

07 Your 7-Day Strong After 50 Reset

This reset is not a detox and not a crash plan. It is a one-week rehearsal of the habits that matter most. Adjust every activity to your current ability.

Day 1 - Baseline

Energy 1-5

- ☐ Take a 20-minute walk.
- ☐ Do one set of chair sit-to-stands, wall push-ups and band rows.
- ☐ Add a protein food to breakfast.
- ☐ Write down your bedtime.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 2 - Protein & Steps

Energy 1-5

- ☐ Include a protein source at all three main meals.
- ☐ Take two 10-minute walks.
- ☐ Practice 30 seconds of supported balance per side.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 3 - Strength

Energy 1-5

- ☐ Repeat the six-movement beginner strength template.
- ☐ Stop with good form still available.
- ☐ Add vegetables or fruit to at least two meals.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 4 - Recovery

Energy 1-5

- ☐ Choose an easy walk.
- ☐ Practice gentle mobility.
- ☐ Try an earlier wind-down; notice whether caffeine timing affects your sleep.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 5 - Strength Again

Energy 1-5

- ☐ Repeat your strength session.
- ☐ If Day 3 felt easy, add 1-2 repetitions or slightly more resistance.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 6 - Long Easy Movement

Energy 1-5

- ☐ Take a comfortable longer walk, hike, swim or cycle.
- ☐ Eat regular meals.
- ☐ Make the day restorative, not competitive.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

Day 7 - Review

Energy 1-5

- ☐ Repeat the five-minute mobility reset.
- ☐ Review the week: what felt easy, and what was difficult?
- ☐ Choose three habits to keep next week.

Energy: ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Sleep quality (1-5): ____

Notes: _____

08 The Strong After 50 Checklist

Use this as a weekly check-in. You do not need every box checked every week.

- | | |
|---|--|
| ☐ I completed 2 or more strength sessions. | ☐ I protected my sleep routine most nights. |
| ☐ I walked or moved on most days. | ☐ I had at least one easier recovery day. |
| ☐ I included protein in my main meals. | ☐ I progressed one exercise safely. |
| ☐ I ate a variety of vegetables, fruit and fiber-rich foods. | ☐ I noticed my energy rather than ignoring it. |
| ☐ I practiced balance at least twice. | ☐ I did something that made healthy aging feel enjoyable. |

Weekly win

Consistency is a stronger signal than intensity. A routine you can repeat for months matters more than one perfect week.

09 Keep Going: Your Next 30 Days

For the next month, choose a minimum routine instead of a maximum routine. The minimum is what you can still do during a busy week.

Your minimum week

- 2 full-body strength sessions
- Regular walking or other aerobic movement
- Protein-centered main meals
- 2 short balance practices
- A consistent sleep and wake rhythm
- 1 deliberate recovery day

Progress one thing at a time

- Add weight before adding complexity.
- Add repetitions before adding more exercises.
- Add a third strength day only if you are recovering well.
- Use energy, sleep and joint comfort as feedback.
- Keep the plan simple enough for travel, family demands and imperfect weeks.

A message to remember

You do not have to train like you are 25. You can train for the life you want at 55, 65, 75 and beyond.

Stay Strong With Lonage

Healthy aging is easier when you have practical guidance you can actually use. Lonage shares evidence-informed articles on women's health, menopause, nutrition, strength, sleep and longevity.

Your next step

Visit [Lonage.com](https://lonage.com) and join the newsletter for new guides, practical checklists and fresh healthy-aging articles for women 50+.

Keep this guide somewhere visible. Revisit the weekly checklist, repeat the 7-day reset whenever your routine slips, and remember: strength is a skill you can keep practicing.

Your Feedback in 30 Seconds

Help us improve future Lonage guides for women 50+. Your feedback takes about 30 seconds.

[Give Your Feedback - 30 Seconds](#)

Your answers help us create more useful, practical guides for healthy aging.

References & Further Reading

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Editorial note

This guide was prepared for Lonage as an educational healthy-aging resource. Evidence and recommendations can evolve; medical decisions should be individualized.