



SPORTS MEDICINE
& orthopaedic centers

FITNESS AFTER 40

**Move Better. Get Stronger.
Live Longer.**

Shane K. Woolf, MD

Sports Medicine & Orthopaedic Centers
Mt. Pleasant, South Carolina

“Wellness is not merely the absence of illness or distress – it is a lifelong process of making decisions to live a more balanced and meaningful life.

– Princeton University Health & Wellness
umatter.princeton.edu



1 WHY FITNESS AFTER 40 MATTERS



Reduces risk of chronic diseases
Lower risk of heart disease, type 2 diabetes, cancer, and more.



Supports brain health
Improves mood, lowers risk of dementia and depression, and enhances cognitive function.



Preserves muscle & bone
Helps maintain strength, balance, and mobility as we age.



Improves body composition
Supports healthy weight, metabolic health, and energy levels.



Boosts immunity & longevity
Strengthens your immune system and helps you live a longer, healthier life.



DID YOU KNOW?

Skeletal muscle releases myokines (including IL-6) that positively influence other organs—such as the brain, liver, heart, and fat tissue—affecting mood, metabolism, and cognitive function.

2 THE 5 THINGS TO FOCUS ON

A simple framework for lifelong fitness.



1 Resolve to be your best self Know your WHY. Make your health, wellness, and fitness a priority.



2 Don't get hurt! Prepare your body, use proper technique, wear the right gear, and know your limits.



3 Rest, Recover, Replenish Quality sleep, smart recovery, and proper hydration and nutrition fuel progress.



4 What you do and how you do it matters Exercise consistently with the right mix of strength, cardio, and mobility. Progress gradually.



5 Supplements and Medications Use evidence-based supplements and medications when appropriate. Optimize—don't overdo it.



CONSISTENCY TODAY = HEALTHIER TOMORROW

3 GET STARTED THE RIGHT WAY

Build a strong foundation.



Assess your overall health
Cardiac disease, high blood pressure, lung disease, diabetes, etc.



Consult with your PCP
Review health status and goals. Optimize glycemic control, blood pressure, and heart health.



Get appropriate screenings and intervention



No smoking or tobacco products



Alcohol in moderation
If you drink up to 1 drink/day (women) or 2 drinks/day (men).

HABIT FORMATION MATTERS



It takes 2-3 weeks of consistency to establish a routine, and longer to make it a habit.



It takes MONTHS to develop the habit of "going to the gym."



Aim for 4x per week for 6 weeks at a minimum.



Keep it simple, supportive, fun and consistent!



Schedule it. Protect the time. Don't skip workouts.

REWARD THYSELF!

Don't skip scheduled workouts. Treat yourself to something joyful afterward.



Protein shake*



Walk



Time with loved ones



Read



Fun activity or game



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EXERCISE: SMARTER, NOT HARDER

The right mix for performance, health, and longevity.



STRENGTH TRAINING

2–4x per week

Build and maintain muscle
Improve bone density
Enhance metabolism
Boost functional strength
Key exercises: Squat, Hinge, Push, Pull, Carry
Progressive overload is essential



CARDIO TRAINING

2–4x per week

Supports heart health
Improves endurance
Enhances mood
Options: Zone 2 training, HIIT, running, cycling, rowing, swimming, hiking, mix it up



MOBILITY & FLEXIBILITY

Daily

Improve range of motion
Reduce stiffness
Enhance performance
Decrease injury risk
Stretch, foam roll, yoga, dynamic warm-up and cool-down



TIMING

Find balance.

Be consistent.
Schedule for the consistent throughout the day.

TRAINING PRINCIPLES



Start where you are



Progress gradually



Be consistent over time.



Quality over quantity



Make it enjoyable!

5

REST, RECOVERY & REPLENISHMENT

Where progress happens.



REST & SLEEP

- Aim for 7–9 hours/night
- Sleep + Zzz = increases injury risk
- Sleep supports muscle repair, hormone balance, immune function, and mental clarity
- Consider a full rest week every 1–2 months



HYDRATION

- Drink water consistently throughout the day
- More important when active, especially in hot environments
- Avoid sugary drinks—choose water, seltzer, coffee, or tea



REPLENISHMENT (NUTRITION)

- Refuel within 1–2 hours after exercise
- 20–30g protein + carbohydrate
- Supports muscle repair, glycogen restoration, and recovery

BODY COMPOSITION GOALS

Build lean muscle. Reduce body fat. Improve strength and fitness.
Small, consistent changes = big, sustainable results.

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NUTRITION: FUEL YOUR BODY

What you eat matters as much as how you train.



PROTEIN

1.2–2.0 g/kg
body weight/day
(20–40 g per meal)
Essential for muscle repair, preservation, and satiety.



QUALITY FOODS

Focus on whole foods: lean proteins, fruits, vegetables, whole grains, healthy fats.



CARBOHYDRATES

Fuel performance and recovery.
Choose complex carbs most of the time.



HEALTHY FATS

Support hormone health, brain function, and inflammation control.



TIMING

Fuel before, fuel during (if needed), refuel after to support the demands of the day.

7

SUPPLEMENTS & MEDICATIONS

Use wisely. Evidence matters.



CREATINE MONOHYDRATE

3–5 g/day supports strength, muscle mass, and brain health.



VITAMIN D

4000–6000 IU/d—Blood level goal 40–60 ng/mL. Supports bone, immune, and muscle health.



FISH OIL (OMEGA-3s)

1–2 g EPA/DHA per day may help reduce inflammation and support heart and joint health.



OTHER CONSIDERATIONS

Magnesium, zinc, collagen, or protein supplements may be beneficial based on individual needs.

TAKE-HOME MESSAGE

- ✓ Know your WHY.
- ✓ Make your health a priority.
- ✓ Build habits. Protect your time.
- ✓ Be consistent.
- ✓ Train smart: strength, cardio, mobility.
- ✓ Rest, recover, and refuel intentionally.
- ✓ Fuel your body with whole foods and proper hydration.
- ✓ Use supplements and medications wisely.

Your future self
will thank you!



1230 Hospital Dr
Mt. Pleasant, SC 29464



843.473.4331



www.shanewoolfmd.com



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