

THE EXECUTIVE ADVANTAGE

ELEVATING HEALTH & PERFORMANCE

6

STEPS TO
BUILD A BODY
FOR LIFE

BETTER
FOCUS

ENJOY LONG
LASTING
ENERGY

WELCOME

WELCOME

WELCOME

Let's be honest—life over 40 is full on.

Between work, family, and everything else life throws your way, finding time to focus on your own health can feel like one more thing on a never-ending to-do list.

But here's the truth: investing in your health now is one of the best things you can do for both your career and your future.

It's not just about looking good or hitting the gym—it's about feeling energised, staying sharp, and having the physical freedom to do what you want, long after you've hung up your work shoes. Right?



WHY YOUR HEALTH FUELS YOUR FUTURE



Think about your future. Imagine yourself 20 years from now, exploring new places, keeping up with family, maybe even tackling that big adventure on your bucket list.



Now, here's the kicker: those plans won't be possible if your body can't keep up.

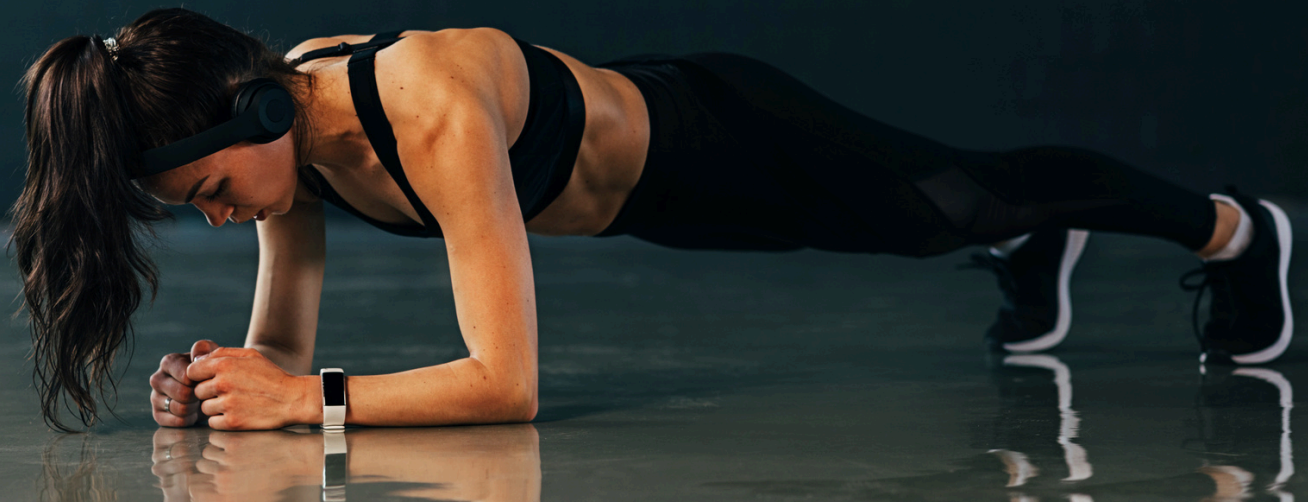


That's where this guide comes in. We're going to reverse engineer your fitness for the retirement you want.



If the dream is to stay active, travel, and enjoy life to the fullest, you'll need strength, mobility, and stamina that support those goals.

And the best time to build that foundation? Right now.



This isn't about turning your life upside down. I'm not asking you to run marathons, live on salads, or spend hours in the gym.

This is about simple, effective strategies that fit into your routine and build the kind of strength and energy you'll rely on for years to come.

This guide is designed to be your roadmap—a realistic, achievable plan to help you feel your best now and stay active well into the future.

So, grab a coffee (or water!), settle in, and let's dive into building a body for life.



At Body Fixers, we help executives, entrepreneurs and legal leaders over 40 transform their body and mind in record time. We will create a realistic action plan that works for you. We help you focus on exercise, nutrition and lifestyle habits, all while providing you with around the clock accountability and support.

Want a sneak peek into how we've helped hundreds of men and women do this?

[Click here](#) to check out some success stories and learn how our simple approach can help you, too.



Let's do this!



Gavin Walsh

FOUNDER & CEO

YOUR HEALTH SNAPSHOT

If you're going to make lasting improvements, it helps to know where you're starting. Think of this as your "health snapshot" for the 40+ stage of life. This isn't about perfection—it's about getting real with where you're at so you can set goals that make sense for you.

Here are a few quick questions to help you see where you stand. Grab a pen (or just make a mental note) and take a minute to reflect:

- **Energy Levels**

How would you rate your daily energy, on a scale from 1 to 10? Are you feeling fired up, or are you dragging by noon?

- **Sleep Quality**

Are you getting a solid 7-8 hours most nights, or is your sleep hit-or-miss? Quality sleep is a game-changer for energy and focus.

- **Daily Movement**

How often are you moving throughout the day? Even simple things like standing up every hour or going for short walks add up.

- **Stress Check**

What's your current stress level, 1 to 10? And are you taking any steps to manage it, like short breaks, breathing exercises, or walking?



Once you've got an honest look at where you are, pick one area that you'd like to improve. Maybe it's getting better sleep, moving more, or finding small ways to manage stress.

This isn't about doing it all at once; it's about making the first step manageable.

Pro Tip: Use this health snapshot as a benchmark. We'll come back to it later to see what's changed and celebrate those wins.

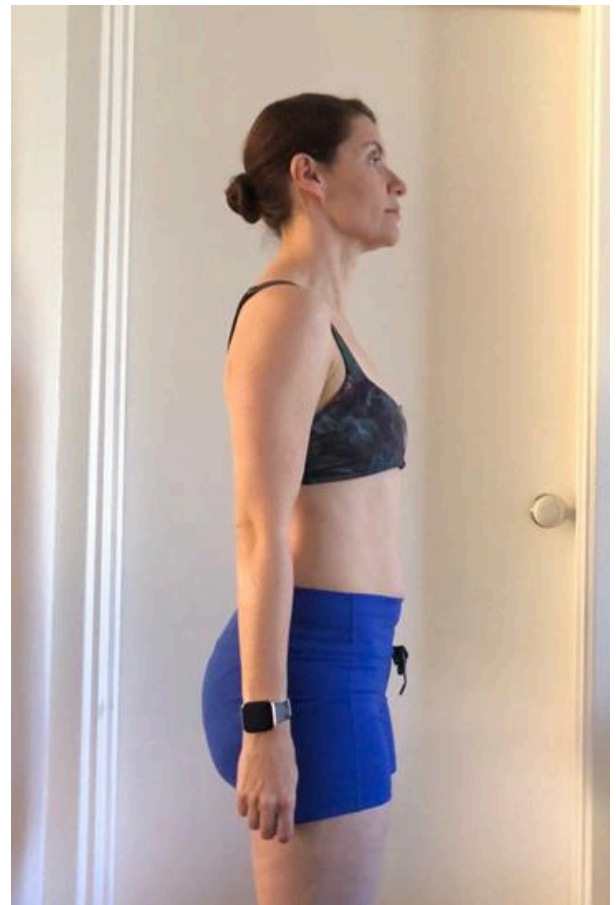


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Rebecca Before



Rebecca After

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SMALL STEPS BIG IMPACT

EASY HABITS TO BOOST YOUR ENERGY

#1 START WITH WATER

Begin your day with a big glass of water. It sounds simple, but dehydration is a sneaky energy zapper.

Before that first coffee, give your body what it actually needs to wake up and keep yourself topped up to avoid that 3pm energy slump!



#2 MOVEMENT BREAKS

Aim to stand up and move around every hour.

Even just a minute of stretching or walking can wake you up and help avoid the dreaded afternoon slump.

If you're on a call, pace a bit. Simple movement = better focus.



#3 NATURAL LIGHT

First thing in the morning, try to get outside or at least near a window.

Exposure to natural light can boost your mood, improve focus, and help regulate your body's sleep-wake cycle.

Five minutes outside with your coffee can make a surprising difference in your energy levels.



QUICK WIN: MORNING MOVEMENT

If you're able to carve out some time in the morning, a quick workout can set you up for success all day.

Whether it's a brisk walk, a gym session, or some stretching, getting your workout done early gives you that feel-good boost before the family wakes up and the world kicks into action.

Plus, you're less likely to skip it if it's already checked off your list earlier in the day.

Pro Tip: Lay out your workout clothes, shoes, and any equipment the night before. By having everything ready, you remove one more obstacle between you and your morning movement—making it that much easier to start your day strong. Plus, seeing your gear waiting for you is a great reminder of the commitment you made to yourself.

NUTRITION FOR LASTING PERFORMANCE

You don't need a complicated diet to feel your best. In fact, keeping it simple is often the most sustainable approach.

Let's talk about easy ways to fuel your body so you can keep up with the demands of your day.



BALANCED PLATES

- *Protein, healthy fats, and complex carbs.*
- *Avoids energy spikes and crashes.*
- *Fuel your body for focus and performance.*



STOP SNACKING

- *Opt for nuts and fruit if you're truly hungry.*
- *Avoid the corporate kitchen raid.*
- *Recalibrate your cravings.*



STAY HYDRATED

- *Yes, it's that important!*
- *Refill throughout the day.*
- *Avoid the 3pm slump!*
- *Aim for 2-3 litres per day.*



QUICK WIN: PLAN AHEAD FOR SUCCESS

Healthy eating is a lot easier if you have good options within reach. Take a few minutes each weekend to stock up on essentials—things like pre-cut veggies, easy protein sources, and simple snacks you can grab on the go.

Also, take note of nearby spots with healthier choices around your office or usual lunch spots—knowing where to grab a nutritious meal means one less decision to make during busy days.

Pro Tip: If you're swamped during the week, try batch-prepping a few meals or snacks on Sunday and if you happen to be working from home more often, try a meal delivery service like Thrive to take the load off.

THE FITNESS FIX

FOR BUSY LIVES



STRENGTH CIRCUIT

Finding time to exercise can feel impossible when your day is packed, but you don't need hours to get stronger and feel good. Here are three types of exercises you can easily fit into your day—starting with a quick morning routine to kick things off.



WHAT TO DO

Getting your strength workout done first thing means you've already won the day, even before your first meeting. A 10-20 minute circuit in the morning boosts energy, builds strength, and sets a positive tone. Try doing 3-5 rounds of these simple moves:

- Bodyweight Squats: Builds lower body strength.
- Push-Ups: Great for upper body and core.
- Planks: Strengthens your core and stabilises your back.

Pro Tip: A 10-20 minute circuit won't put you on the cover of a glossy magazine, but it will build momentum and improve the consistency of your workouts. And who knows, a few months from now, you might find that you do have more time to workout.



MINI CARDIO BOOST

Short bursts of cardio sprinkled throughout the day keep your heart healthy, boost energy, and break up long stretches of sitting. And the best part? You can fit these in while doing work tasks.



WHAT TO DO

Here are some examples:

- **Walk-and-Talk:** Have a business call? Take it on the go and turn it into a brisk walk.
- **Colleague Catch-Up:** Instead of sitting for a quick meeting or catch-up, suggest a walking meeting or even a short jog together at during lunch if that's your style.
- **Break the Day with Stairs:** If you're between tasks or calls, hit the stairs for a few minutes—it's an excellent cardio boost.
- **Quick Burst:** If you're on time try jumping jacks for 60 seconds to shake off the mid-afternoon slump.

Pro Tip: Look for any excuse to add movement, no matter how small. It all adds up and keeps you energised for those busy days.



MOBILITY MOVES

Sitting all day can lead to stiffness, poor posture, and that dreaded “tech neck” (the hunch from looking at screens). As we get older, mobility and good posture become more important for staying pain-free and avoiding the hunched look that creeps up on us.



WHAT TO DO

Keep your joints and muscles feeling good with desk-friendly moves you can do anywhere:

- Neck Rolls: Relieves stiffness from sitting.
- Shoulder Rolls: Helps relax and improve posture.
- Standing Toe Touches: Loosens hamstrings and lower back.

Pro Tip: Think of these as your “mini refreshes” during the day. They help you stay mobile, improve posture, and keep you from feeling stiff, so you’re ready for whatever the day throws your way.

THE POWER OF RECOVERY

Getting enough sleep and managing stress isn't just nice-to-have—it's essential for clear thinking, a strong immune system, and balanced energy. When you're rested and less stressed, you show up better in all areas of life.

THE CORTISOL CONNECTION

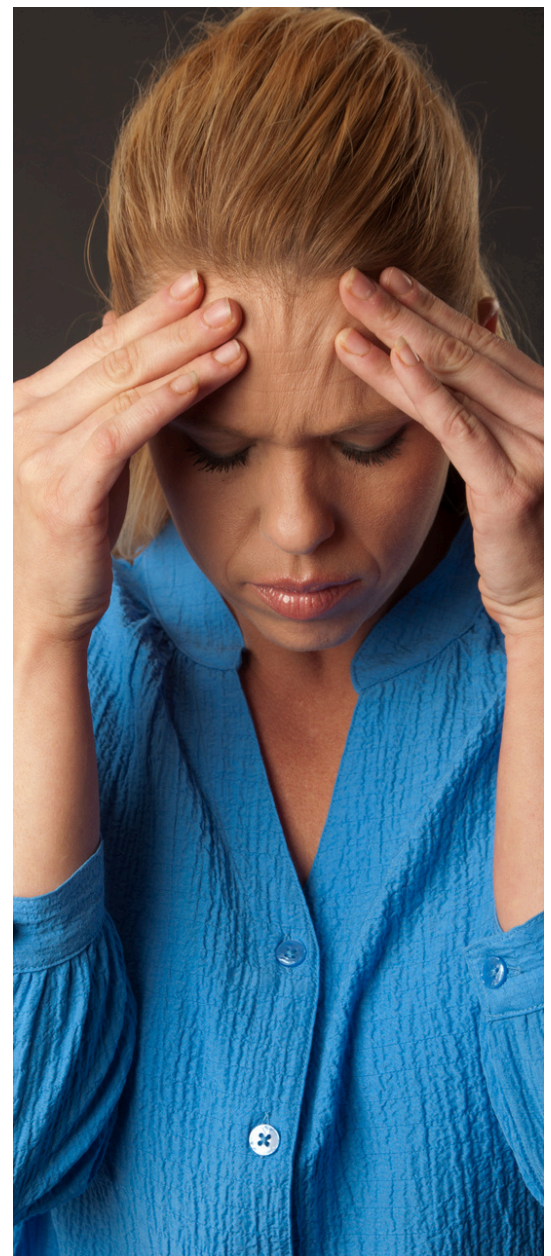
When you're stressed or not sleeping well, your body releases more cortisol, the "stress hormone." Cortisol isn't all bad—it helps keep you alert in high-pressure situations.

But too much of it, especially from ongoing stress or lack of sleep, can leave you feeling wired yet tired, and it can set off a chain reaction the next day:

Energy Dips and Brain Fog: Elevated cortisol can drain your energy and leave you mentally sluggish, making it harder to focus and perform at your best.

Cravings for Sugar and Carbs: Cortisol spikes can make your body crave quick energy sources, like sugary snacks and carbs. This often leads to that mid-afternoon hunt for something sweet, which only fuels more cravings.

Mood Swings: High cortisol can affect your mood, making you feel irritable or easily frustrated. When you're running on empty, even small stressors can feel overwhelming.





BETTER SLEEP, BETTER DAYS

Create a Bedtime Routine

Just like winding down kids, adults benefit from a pre-sleep routine too. Aim to power down your screens at least 30 minutes before bed, dim the lights, and do something relaxing like reading, stretching, or a few minutes of deep breathing. These calming activities signal to your brain that it's time to relax, making it easier to fall asleep and stay asleep.

Consistent Bedtime

Going to bed and waking up around the same time every day (yes, even on weekends) helps regulate your internal clock, which can make falling asleep and waking up easier. This rhythm allows for more refreshing, uninterrupted sleep, helping to keep cortisol levels in check.

Limit Caffeine and Alcohol

Enjoy your coffee, but keep it to the morning. Caffeine stays in your system for hours, so drinking it late in the day can disrupt sleep. And while alcohol might help you relax initially, it can interfere with deep sleep, impacting rest and recovery.

SIMPLE STRESS BUSTERS

Breathe to Reset

Breathing exercises, like the 4-7-8 technique (inhale for 4 seconds, hold for 7, exhale for 8), help calm your nervous system. A few rounds of deep breathing before a big meeting or after a long day can be surprisingly effective at reducing cortisol and calming your mind.

Take Micro-Breaks

Breaks don't have to be long to be helpful. A 5-minute stretch, a quick walk, or even just stepping outside for fresh air helps reset your focus and lower stress. These small breaks release physical tension and give you a mental refresh, helping to reduce cortisol spikes throughout the day.

Celebrate Small Wins

Taking a moment to acknowledge small accomplishments gives you a mental boost, reduces stress, and helps you stay motivated. It's easy to overlook your progress, but recognising small wins can keep you moving forward with a clearer, calmer mindset.





QUICK WIN: PRIORITISE SLEEP AND STRESS RELIEF

Start small—pick one habit for sleep (like a bedtime routine) and one for stress (like a breathing exercise) and make them non-negotiable.

These small but powerful practices reduce cortisol, improve energy, and help you feel more balanced and focused.

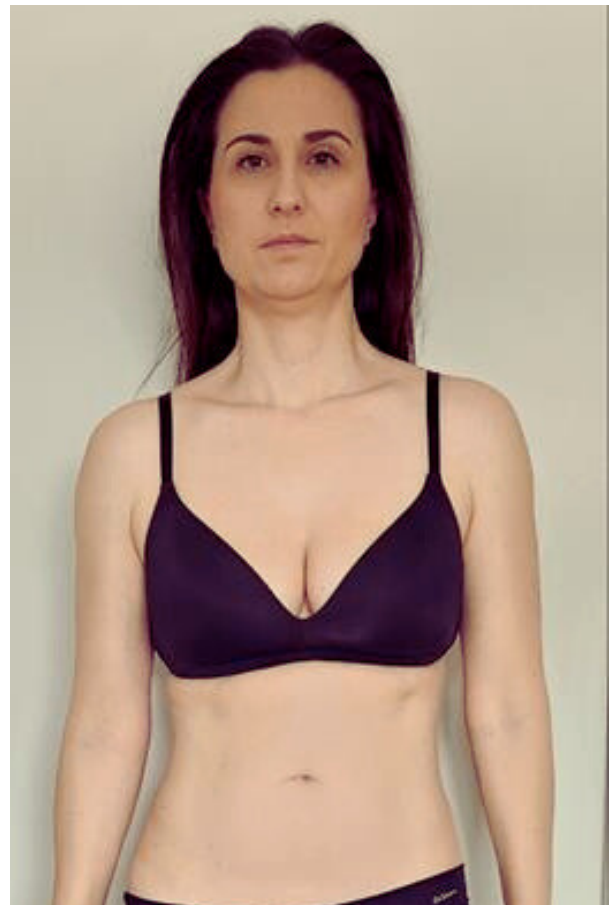
Pro Tip: Treat these sleep and stress habits as high-priority—just like any important meeting or task. Better sleep and less stress aren't just nice-to-haves; they're essentials for your health, focus, and performance.

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CLIENTS



Anita Before



Anita After

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FOCUS & MINDFULNESS FOR PERFORMANCE

Staying sharp isn't about working harder; it's about working smarter. When you're juggling a lot, it's easy to end up overwhelmed and unfocused.

Building a few quick mindfulness habits can help you stay clear-headed, productive, and resilient throughout the day.



POMODORO

Work for 25 minutes, then take a 5-minute break. Repeat four times, then take a longer break. Quick bursts keep your brain fresh and focused.



MINDFUL MOMENTS

Between tasks, take a few breaths or stretch for a minute. These moments reset your focus and prevent burnout.



BRAIN DUMP

Before bed, jot down tasks or thoughts to clear your mind. It helps you unwind and sets you up for a productive tomorrow.



QUICK WIN: SINGLE-TASK, DON'T MULTITASK

Multitasking might feel productive, but it actually divides your focus, making it harder to complete tasks efficiently.

Studies show that trying to juggle multiple tasks reduces the quality of your work and leaves you feeling more mentally drained.

Instead, single-tasking—focusing on one task at a time—helps you work smarter, not harder.

Pro Tip: Block out focus time in your calendar and silence notifications during those blocks. Protecting time for deep work pays off.

BUILDING A ROUTINE

THAT WORKS FOR YOU & YOUR SCHEDULE

It's tempting to think you need a complete lifestyle overhaul, but big changes often don't stick. The good news? Small, consistent efforts add up quickly.

This chapter is all about finding a routine that fits into your life, so it's easy to stay on track and build lasting habits.

#1 START SMALL, STAY CONSISTENT

Choose one habit to start with—maybe it's a morning workout, cutting back on sugar, or drinking more water.

Once that feels like second nature, add another. Consistency is key here.

It's better to do small things every day than big changes that only last a week.



#2 TRACK YOUR WINS

Keeping track of progress, no matter how small, is a powerful motivator.

Whether it's a quick note on your phone, a journal, or even checking off a calendar, recording these "wins" helps you see just how far you're coming, bit by bit.

And remember to celebrate—even the smallest victories keep your momentum strong.



#3 BUILD IN FLEXIBILITY

Life happens. Travel, work projects, and family obligations are part of the deal.

The trick is to adapt without feeling like you've failed. If you miss a workout or grab a less-than-healthy lunch, no big deal—just get back on track as soon as you can.

Flexibility makes a routine sustainable and keeps you moving forward.





QUICK WIN: A SAMPLE ROUTINE

Here's a simple template to get you started. Feel free to adjust it for what works best for you!

- **Mornings:** Hydrate, do a quick workout or stretch, and get some natural light to set your energy for the day.
- **Midday:** Take a short walk or stretch during lunch, and enjoy a balanced, energising meal.
- **Afternoons:** Try a 5-minute movement break, and use mindful moments to reset between tasks.
- **Evenings:** Wind down with a screen-free routine and jot down tomorrow's top priorities.

Pro Tip: Don't expect overnight transformation. It's all about small, sustainable changes that build up over time. This is a marathon, not a sprint, and you're already making progress by sticking with it.

TAKE IT TO THE

NEXT LEVEL

Congratulations—you've just taken the first step toward a healthier, stronger future!

Building habits that fit into a busy life isn't always easy, but every small effort you make is an investment in yourself.

WHERE TO GO FROM HERE...

- **Remember:** It's all about consistency, not perfection. Pick one or two habits from this guide and start there. Small wins add up over time, and the results will follow.
- **Look Back:** After a few weeks, revisit the health snapshot you took at the start. Notice any changes in your energy, focus, or mood? Celebrate that progress—no matter how small, you're moving forward.

READY FOR MORE?

If you're looking for more guidance or want a plan tailored just for you, check out the next couple of pages!





RESULTS THAT LAST A LIFETIME

Ready TO FEEL BETTER INSIDE AND OUT? Our coaching has helped 100's of women elevate their health and performance.

Our coaching focuses on fitness, nutrition, lifestyle habits and the crucial accountability. If you need extra support and some occasional tough love, then tap or click the button below to find out more.

[LEARN MORE HERE](#)

- ✔ Physical & Mental Sharpness
- ✔ Better Productivity
- ✔ More Confidence
- ✔ All-Day Energy

AND IT GETS EVEN BETTER...

- ✔ A proven blueprint - no more guesswork!
- ✔ Weekly action plans
- ✔ Coaching to help you through the rough spots
- ✔ Much needed accountability



REQUEST YOUR FREE LIFESTYLE REVIEW

If your health and fitness has been lacking recently and you'd like a steer in the right direction, then request a free lifestyle review by clicking the button below.

This will give us a chance to find out more about you and provide you with some recommendations to help you take charge of your health.

Absolutely no pitch. Nothing to sell.

If at the end of our chat, you feel like you might need some help putting these recommendations into action, then of course we can talk more about about coaching and how that might look for you.



Gavin Walsh

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Sarah Before



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