



Staying Fit in Midlife Framework

If fitness feels harder than it should, the goal isn't to push harder, it's to reduce the cost of staying consistent.

Reduce Decisions

**Keep training and meals predictable, fewer choices means less friction
Same days. Similar workouts. Simple food.**

Lower the Entry Point

**Make workouts easier to start.
Shorter sessions. Less setup. No “perfect conditions” required**

Support the System

**Sleep, food, and stress matter more than intensity.
If those are unstable, consistency will always feel harder**

Focus on Repeatability

**Don't ask “is this optimal?”
Ask “can I do this next week without thinking about it?”**
