THE STUCK TO STRONG SERIES

FOR WOMEN OVER 40

Stronger at 40+

Lift, nourish and feel like yourself again

Mark Saker

Personal Trainer · Nutrition Coach · Menopause Coach

Fit By Choice · fitbychoice.co.uk

Nutrition powered by Compound Nutrition (CN^2)

MEET YOUR COACH

Hello, I'm Mark

I'm Mark, founder of Fit By Choice.



Most of the women I coach are over 40, busy, juggling everything and tired of diets that never last. For over ten years I've helped them get strong, lose weight and feel confident again.

I'm a Certified Menopause Coach as well as a personal trainer, so I understand how your body is changing. This guide gives you the same foundations I use with my own clients, in a way that fits around real life.

Qualified and experienced

- ✓ CIMSPA Level 3 Advanced Personal Trainer
- ✓ Certified Menopause Coach
- ✓ Founder of Compound Nutrition (CN^2)
- ✓ Private studio in Bexhill-on-Sea, online UK-wide

10+	200+	5★
YEARS COACHING	CLIENTS TRANSFORMED	GOOGLE REVIEWS

WHAT CLIENTS SAY

“Mark was very helpful and friendly from the start. He listened to what I wanted and built a programme that actually worked around my life. I'm stronger than I've been in years.”

Sarah T., Bexhill ★★★★★

THE CHALLENGE

Why it feels harder now

If you're doing everything 'right' and your body still isn't responding the way it used to, it isn't a lack of willpower. Your body is changing, and your approach needs to change with it.

Does this sound familiar?

- ✓ You've started over on a Monday more times than you can count
- ✓ Weight is settling round your middle, even though you eat well
- ✓ You're tired, sleeping badly and running on empty
- ✓ You're worried lifting weights will make you bulky
- ✓ You put everyone else first and yourself last
- ✓ Conflicting diet advice has left you confused

Why it happens

From our 40s, muscle and bone density naturally decline and hormones begin to shift as perimenopause approaches. Years of dieting and cardio-only workouts can make it worse by stripping away muscle, which slows your metabolism and saps your energy.

How this guide helps

- ✓ A 3-day strength plan that builds lean muscle and protects your bones
- ✓ Five nutrition habits that fuel you properly, without restriction
- ✓ Mindset tools and a habit tracker to help you finally stay consistent

YOUR TRAINING PLAN

Your 3-day strength plan

3 days a week · 40 minutes · dumbbells, a band and a bench

Strength training is the single best thing you can do for your body after 40. It won't make you bulky; it will make you strong, lean and more confident. Do the same session on each training day.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	Walk	TRAIN	Walk	TRAIN	Active	Rest

Warm-up (5 minutes): 2 minutes marching or brisk walking, 10 bodyweight squats, 10 glute bridges and 10 arm circles each way.

#	EXERCISE	SETS x REPS	COACHING CUE	VIDEO
1	Box Squat	3 x 10	Sit back to a bench or chair, then stand tall. Hold a dumbbell once it feels easy.	▶ Watch
2	Glute Bridge	3 x 12	Drive through your heels and squeeze your glutes for two seconds at the top.	▶ Watch
3	Incline Press-Up	3 x 8-10	Hands on a bench or wall, body in a straight line, lower your chest slowly.	▶ Watch
4	Dumbbell Row	3 x 12	Hinge forward, pull your elbow back towards your hip, squeeze your shoulder blade.	▶ Watch
5	Step-Ups	3 x 8 each leg	Step onto a sturdy step or bench, push through the whole foot, control the way down.	▶ Watch
6	Dead Bug	3 x 8 each side	Lower back pressed into the floor, extend your opposite arm and leg slowly.	▶ Watch

How to progress: Gradually lift heavier. When the last two reps of every set feel easy, go up a weight. Rest 60 to 90 seconds between sets. Check with your GP first if you have a medical condition.

Fuel your body, don't fight it

Eating less and less isn't the answer after 40. These five habits help you lose fat, keep your energy up and protect your muscle.

1

Put protein first

A palm or two of protein at every meal protects muscle, steadies your appetite and keeps cravings in check.

2

Eat enough

Under-eating stalls your energy, mood and progress. Three balanced meals beat skipping and snacking.

3

Colour your plate

Fill half your plate with colourful veg and fruit for fibre, fullness and gut health.

4

Support your bones

Include calcium-rich foods (dairy, fortified alternatives, tinned fish with bones) and get daylight for vitamin D.

5

Treats in, guilt out

Aim for 80/20. Enjoying your favourite foods sometimes is what makes healthy eating last.

Want a plan built around you?

Compound Nutrition (CN^2) is my specialist nutrition service, from a 45-minute Nutrition MOT to a full 8-week goal programme. Find out more at compoundnutrition.co.uk

MINDSET & HABITS

Put yourself on the list

The women who get the best results aren't the most motivated. They're the most consistent. Here's how to make that easier.

01

Book yourself in

Schedule workouts like appointments with yourself, and keep them.

02

Start with two

Two sessions a week is a brilliant start. Add a third when it feels routine.

03

Never miss twice

One missed session is life. Two in a row starts a new habit. Get straight back to it.

04

Celebrate non-scale wins

Strength, sleep, mood and how your clothes fit all count.

05

Choose, don't 'should'

Swap 'I should work out' for 'I choose to'. It changes everything.

06

You're worth it

Looking after yourself isn't selfish. It's how you keep showing up for everyone else.

Your 4-week habit tracker

Tick a box for each day you hit the habit (Monday to Sunday).

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Strength session (3 a week)	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Protein at every meal	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Walk 20+ minutes	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
7+ hours' sleep	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Something just for me	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐

YOUR NEXT STEP

Ready to make a change that actually sticks?

Ready for support that fits your life?

Book your free, no-obligation consultation. We'll talk through your goals, what's been holding you back and build a plan that finally works for you.

How I can help

- ✓ Personal training at my private studio in Bexhill-on-Sea
- ✓ Online coaching with personalised programmes and weekly check-ins, UK-wide
- ✓ Nutrition coaching with Compound Nutrition (CN^2), from a Nutrition MOT to a full 8-week programme

BOOK YOUR FREE CONSULTATION →

Call 07864 069326

Email mark.saker@fitbychoice.co.uk

Web fitbychoice.co.uk

Instagram @markfitbychoice

Studio 115 Belle Hill, Bexhill-on-Sea, TN40 2AP (parking available)

Important

This guide is for general information only and is not medical advice. Please check with your GP before starting any new exercise or nutrition plan, especially if you are pregnant, have a medical condition or take medication. Stop any exercise that causes pain and seek advice.

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