

**Fit After 40:**  
**Everything You Need  
to Know to Look  
Young, Feel Young  
and Stay Young at  
Any Age**

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## **Introduction**

So by now you've reached a successful point of your life. By now you've gotten to the point where you need to relax yourself and stop working so hard all the time. Well, not really but you kind of get the point.

Anyways, the fact that you're reading this book is because you're curious or you want to know about how to stay fit after 40, give or take the numbers of how old you are.

Either way, you want to know how to lose weight and stay healthy at the same time. Even if you don't need to lose weight this book will tell you how to maintain a healthy body so it works just as well.

The whole point of staying fit is the fact that you chose to stay fit. I don't know how many times I can literally emphasize this to you, but you have to know it.

Everything that you do in life is by your own choice and no one else. Even if something bad happens to you then it's probably something that was influenced by the choices that you've made.

The whole "being at the wrong place at the wrong time" can also apply because you chose

to be at a specific location at a specific time. It is by your own choice and no one else's.

Of course, people can influence you to a certain point but in the end, you are going to be the one making the decisions.

Therefore, if you just suddenly decide that dieting and staying healthy isn't going to work for you then it's not going to work for you.

However, if you believe that dieting and staying healthy will work for you and that you can do it then you'll be able to achieve your goal.

Now I'm not saying that the plan that I'm going to lay out for you is going to help you 100%. You have to realize that everyone is different and everyone has different needs.

This book is written so you can get a clue as to what you should do. If you want to go into more of a detailed description of what you should do then that's something that you have to do on your spare time with a professional.

By no excuse should you not decide to stay healthy. Understand that being healthy does not always mean being skinny.

Being skinny is a different matter and everyone has their own view of how thin you must be to be considered skinny. Though, you should

always choose to live healthy rather than skinny.

Think about it, skinny and healthy can be the same or it cannot be the same.

If you're skinny and healthy then that's a good accomplishment for you and I have no idea why you are reading this book unless if you're trying to maintain that balance.

If you're skinny but not healthy then that's not the way to go. If you're healthy and not skinny then there's something wrong. Most likely, if you're healthy then you should also be skinny.

It's like a bonus for your body. Plus, when you're healthy your body will be toned. Take this quote into consideration:

“Being skinny makes you look better with clothes on. Being healthy and fit makes you look better with clothes off.”

I know that sounds sort of sexual but, hey, we all have insecurities about our bodies so let that be a motivating factor for you to tone your body up. Besides, being fit will allow you to appreciate losing weight compared to being thin.

If you're losing weight just to be thin then you're not going to feel as great as someone

who is losing weight to be fit. Being fit and being thin is an everyday choice.

You might as well just chose to be fit so you can feel healthy and confident about the body that you're trying to achieve.

You should also realize that when you chose to go on a diet you are choosing a life long program that you should not stray away from.

It's going to take months and years to get the body that you want and even then you will have to spend the rest of your life trying to maintain that body.

I know it sounds hard but it really isn't. Dieting is achievable with dedication and patience. If you set out your goals and you stick by them then you'll be on the right track to success.

# Chapter 1 – Dieting

So this chapter is going to give you the layout of what dieting is and why you would need to diet.

There are plenty of reasons as to why you should go on a diet compared to the questions of why you should not go on a diet. Well, the ironic part about dieting is the fact that it has the word die in it.

Of course, if you're dieting the wrong way then you might possibly die from it. It's a possibility but don't quote me on that.

Anyways, this chapter is mainly just a little breakdown about what you should do and what you should not do when you are starting the diet plan.

They're good tips to keep in mind and it won't hurt you to remember some of them as they will come in handy in the future.

## **Gaining Weight**

No one enjoys the fact that they have to be careful about their weight. Nobody enjoys the fact that we have to gain weight.

No one wants to bother themselves into losing weight. Unfortunately, we have to watch our weight and we have to lose weight if we are overweight.

It is part of life and we will just have to deal with it. It's going to be a hard process for some people in the beginning but it will become a habit once you keep going.

You should know that gaining weight doesn't happen overnight. It happens through time.

All those junk foods that you ate during those previous months of partying and feasting, all those sodas, all those chips, all those cakes, and all those unhealthy snacks that you ate when you were hungry has accumulated into your weight.

Sure, there might have been some occasional times when you've worked out at the gym or took a jog around the park, but did you ever ask yourself how much you've ate and how much you've burned off? Probably not and that's probably why you've gained weight.

A good amount of calorie intake for an average person is about 1,200 calories per day. From there, you give or take some calories depending on how fast or how slow your metabolism is.

However, if you end up eating more calories than what your body needs then your body will end up turning those excessive calories into fat. This is one reason as to how you gain weight.

Another reason can be your genes. Your genes don't play as high of a role in gaining weight but it's the starting point. If your family has a lineage of low metabolism then you will be born with low metabolism.

This is more of a luck factor as some people are born with high metabolism. However, you are able to change the rate of your metabolism on your own and that is through exercising, which brings me into another point.

It doesn't matter how healthy you eat as a person. If you do not exercise then you cannot lose weight. Well, you can but only to a certain extent.

It's actually recommended that you exercise anyways, especially for the benefits that you get through exercising. Plus, you'll feel great both inside and outside.

### **The Pitfalls of Dieting**

Why do we need to diet? Yes, it might require a lot of efforts and yes it might be frustrating

sometimes because you have to cut back on the foods that you would normally eat; however, the results will be worth it and your body will be the proof of that.

Of course, not all diet plans are going to work for you. It's always recommended that you see a professional before thinking up a plan for yourself.

I mean, if you know what you are doing then there is no problem, but if you are unsure as to how you should approach your diet plan then a professional is the way to go.

Nevertheless, everyone has their own thoughts about what dieting is. For most people, they think dieting is a process that will help you lose weight quickly and efficiently.

That is not the case. Dieting is a long process and just like how it takes years for you to gain weight, dieting will take years for you to get rid of that weight. Even so, there are a few dieting pitfalls that most people land themselves into.

For one thing, it's the so called fad diet. I'm unsure if this trend is still going around as commonly as the others but it's still here.

The fad diet is a dieting program that requires you to remove a food group from your daily eating habits.