



# 10 FITNESS TIPS FOR PEOPLE OVER 40

SUMMER MONTABONE





*Congratulations*

on prioritizing your health and fitness even after turning 40! It's never too late to start or maintain a healthy lifestyle.



In this guide, we will provide you with some valuable fitness tips tailored specifically for individuals over 40. Remember, it's important to consult with your healthcare professional before starting any new exercise regimen.



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## 01 Prioritize Strength Training

As we age, maintaining muscle mass becomes crucial. Incorporating strength training exercises into your routine can help prevent muscle loss, increase bone density, and improve overall strength. Aim for two to three days of strength training per week, focusing on all major muscle groups.

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## 02 Include Cardiovascular Activities

Regular cardio exercises are essential for maintaining a healthy heart and improving endurance. Engage in activities like brisk walking, cycling, swimming, or dancing for at least 150 minutes per week (or 30 minutes a day, five days a week). Start with low-impact exercises and gradually increase intensity to avoid excessive strain on joints.

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## 03 Flexibility and Stretching

Flexibility tends to decrease with age, making stretching exercises vital for maintaining joint mobility and preventing injuries. Incorporate stretching exercises into your warm-up and cool-down routines, aiming for at least 10 minutes of stretching each day. Yoga and Pilates can also be excellent options for improving flexibility.

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## 04 Focus on Balance and Stability

Maintaining good balance is crucial for preventing falls and injuries. Incorporate exercises that challenge your balance, such as standing on one leg, heel-to-toe walks, or yoga poses like tree pose. Consider adding balance-specific workouts, like tai chi or yoga, to your routine.

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## 05 Listen to Your Body

As you age, it's important to pay attention to your body's signals. If you experience pain, discomfort, or unusual symptoms during exercise, pause and consult with a healthcare professional. Modify exercises if necessary, and always prioritize safety and well-being.

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## 06 Optimize Recovery

Recovery becomes increasingly important as we age. Allow your body enough time to rest and recover between workouts to avoid overuse injuries. Aim for at least 48 hours of rest between strength training sessions for the same muscle groups. Focus on quality sleep, hydration, and a balanced diet to support optimal recovery.

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## 07 Incorporate Mind-Body Practices

Stress management is crucial for overall well-being. Consider incorporating mind-body practices like meditation, deep breathing exercises, or mindfulness into your daily routine. These practices can help reduce stress levels, improve focus, and enhance overall mental and emotional well-being.

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## 08 Stay Consistent

Consistency is key to achieving and maintaining fitness goals. Set realistic goals and create a workout schedule that suits your lifestyle. Find activities you enjoy to make exercise more enjoyable and sustainable in the long run. Remember, even small steps towards fitness can lead to significant improvements over time.

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## 09 Stay Hydrated

Proper hydration is essential for optimal physical performance and overall health. Aim to drink at least eight cups (64 ounces) of water per day. Increase your water intake during exercise and in hot weather conditions. Listen to your body's thirst cues and consume fluids accordingly.

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## 10 Seek Professional Guidance

Consider working with a certified fitness professional or personal trainer who has experience working with individuals over 40. They can tailor exercises to your specific needs, ensure proper form, and provide valuable guidance throughout your fitness journey.

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R E M E M B E R

Fitness is a lifelong journey, and it's never too late to start or continue taking care of your health. Stay positive, be consistent, and enjoy the process. You're doing a fantastic job by prioritizing your well-being!

**Disclaimer:**

This guide is for informational purposes only and should not replace professional medical advice. Always consult with a healthcare professional before starting any new exercise program or making significant changes to your fitness routine



This Guide has been compiled by  
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- Certified Personal Trainer (1997)
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*Achieve Your Personal Best!®*



# *Fitness Mistakes*

## FITNESS OVER 40

SOME COMMON FITNESS MISTAKES MADE BY  
PEOPLE OVER 40

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## 01 Neglecting Strength Training

Many people focus solely on cardio exercises and neglect strength training. As mentioned earlier, strength training becomes even more important as we age to prevent muscle loss, maintain bone density, and support overall functionality. Our program focus on strength training and Metabolic Resistance Training on Monday, Wednesday, and Friday. We recommend making those 3 days the primary days if possible.

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## 02 Overdoing Cardiovascular Exercise

While cardio exercises are essential for cardiovascular health, overdoing it without incorporating strength training and flexibility exercises can lead to imbalances and increased risk of injury. It's important to have a well-rounded fitness routine that includes strength, cardio, and flexibility training. We incorporate cardio exercises using functional equipment and our own bodies for maximal results. You shouldn't focus on the dreadmill, I mean treadmill ;)

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## 03 Ignoring Proper Warm-Up and Cool-Down

As we age, our muscles and joints may become stiffer, making warm-up and cool-down exercises crucial. Neglecting these can increase the risk of muscle strains, joint injuries, and post-workout soreness. Properly warming up before exercise and cooling down afterward helps prepare the body and prevent injury. See some example Warm Up and Cool Down exercises.

[summersfitness.com/warmups/](https://summersfitness.com/warmups/)

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## 04 Not Listening to their Bodies

It's common for people over 40 to push through discomfort or ignore signs of fatigue, thinking it's just a result of aging. However, it's important to listen to your body and recognize when it needs rest or modifications to the workout routine. Overexertion can lead to injuries or setbacks in progress.

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## 05 Neglecting Flexibility and Mobility Training

As we age, flexibility and mobility tend to decrease. Neglecting these aspects of fitness can lead to reduced range of motion, stiffness, and increased risk of injury. Incorporating regular stretching and mobility exercises into your routine can help maintain flexibility and joint health. That's why we incorporate this as a part of our warm ups and cooldowns and make it a focus of our Thursday programming.

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## 06 Lack of Proper Recovery

Recovery becomes increasingly important as we age. Not allowing enough time for rest and recovery can lead to overtraining, fatigue, and increased risk of injury. Make sure to include rest days in your workout schedule and prioritize sleep, nutrition, and stress management for optimal recovery. You shouldn't try to beat your body up daily. More isn't always better. 3-4 days a week will yield results, but yes, you should stay active on the other days. Our 10 Minute Program is great for days away from the gym to keep the momentum going. Access the 10 Minute Fitness Momentum Challenge:

[10-Minute Workout Challenge](#)

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## 07 Only Training Vanity Muscles

More crunches and sit ups aren't going to slim the waistline. As mentioned above, sleep, nutrition, and stress management are key to weight loss and overall health.

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## 08 Not Seeking Professional Guidance

With age, certain health conditions or specific considerations may arise that require professional guidance. It's important to consult with a healthcare provider or certified fitness professional who can provide personalized recommendations and ensure you are exercising safely and effectively. Our team and programming has been written to keep you safe and healthy for the long term.

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## 09 Comparison to Your Younger Self

One of the biggest mistakes I see is comparison. Comparing yourself to others and comparing yourself to your younger self. Appreciate what your body can do for you today and nurture it to take care of you in the future. Your needs change as you age. Embrace it and work with it instead of against it.

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## 10 Exercising for the Short Term

The best way to ensure you will meet your health & fitness goal, and maintain them, is to embrace a healthy lifestyle. Embark on this journey for the long term. Quick fixes are short term and not sustainable.

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### DID YOU KNOW?

It takes the body 4-12 weeks to figure out what is going on when you start or re-start a fitness program. During that time your body is making physiological changes. Some people lose weight and some people don't. Some people may actually gain weight and lose inches, first, because they are building lean muscle. Then the fat burning will come. Remember, everybody is different.

At 16 weeks research indicates that is when you make the MOST changes but often hit a plateau. So keep going! 16 weeks and beyond of consistent exercise, remember consistency is key, is where you will make the most progress.

Research shows that exercising consistently for 2 years is when your body can really hold and maintain it's fitness and exercise efforts. Maintenance is a gift! You're going to age anyway, why not do it in a healthy and thriving way?!

### **YOU CAN DO IT AND WE ARE HERE TO HELP!**

At Summer's Fitness we provide a safe, fun, and effective environment so you can achieve your personal best in any season of life!



# *Focus on Strength* **TRAINING OVER 40**

STRENGTH TRAINING IS PARTICULARLY IMPORTANT FOR  
PEOPLE OVER 40

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# STRENGTH TRAINING IS PARTICULARLY IMPORTANT FOR PEOPLE OVER 40 DUE TO SEVERAL REASONS:

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## 01 Muscle Loss Prevention

As we age, we naturally experience a decline in muscle mass, known as sarcopenia. This starts at age 30. Strength training helps counteract this muscle loss by stimulating muscle protein synthesis and promoting muscle growth. By engaging in regular strength training exercises, you can preserve and even increase muscle mass, enhancing overall strength and functionality. Don't worry, we've got you covered with a complete, periodized functional strength training program.

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## 02 Increased Metabolism

Muscle is metabolically active tissue, meaning it burns more calories at rest compared to fat. As we age, our metabolism tends to slow down, leading to weight gain and difficulty in maintaining a healthy weight. By building and maintaining muscle through strength training, you can boost your metabolism, making it easier to manage your weight and body composition.

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## 03 Improved Bone Density

Osteoporosis, a condition characterized by low bone density and increased fracture risk, becomes more common as we age, particularly among women. Strength training exercises, especially weight-bearing exercises like lifting weights or resistance training, help stimulate bone remodeling and increase bone density. This can reduce the risk of fractures and osteoporosis-related complications. Note: Walking is not considered weight bearing and is not effective in preventing osteoporosis contrary to what your doctor may say.

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## 04 Enhanced Functional Fitness

Strength training improves your ability to perform daily activities with ease and reduces the risk of injuries. As you age, maintaining functional fitness is essential for maintaining independence and an active lifestyle. Strength training exercises target specific muscle groups, improving muscular strength, endurance, and flexibility, allowing you to perform activities like carrying groceries, climbing stairs, or playing with grandchildren without difficulty.

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## 05 Joint Health and Injury Prevention

Strength training helps stabilize and strengthen the muscles around joints, providing greater support and reducing the risk of joint-related injuries, such as strains or sprains. By strengthening the muscles, tendons, and ligaments, you can improve joint stability and decrease joint pain caused by conditions like arthritis.

You're not meant to live life sitting down or on the sidelines!

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## 06 Hormonal Benefits

Strength training has been shown to positively impact hormonal balance, particularly in individuals over 40. It can help increase levels of growth hormone, which aids in muscle growth and repair, as well as improve insulin sensitivity, which is crucial for maintaining stable blood sugar levels and reducing the risk of diabetes.

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Incorporating regular strength training into your fitness routine is not only beneficial for your physical health but also for your overall well-being. It can help you maintain muscle mass, increase metabolism, support bone health, improve functionality, and prevent injuries. Remember to start gradually, use proper form, and seek guidance from a credible coach.

As I always say; "If you train the same; you stay the same." It's important to have a program that is periodized and to keep your body guessing so that it continues responding to meet your health & fitness goals. We take the guesswork out of training for you!





# Metabolic Resistance TRAINING

COMBINES STRENGTH TRAINING AND CARDIOVASCULAR  
EXERCISE INTO ONE WORKOUT

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## Metabolic Resistance Training (MRT)

is a type of exercise that combines strength training and cardiovascular exercise into one workout. It typically involves performing compound exercises, which target multiple muscle groups simultaneously, in a circuit format with minimal rest between exercises. The goal of MRT is to increase the metabolic demands of the workout, leading to a higher calorie burn and improved cardiovascular fitness. Our program focuses on MRT on Monday, Wednesday, and Friday training sessions.

### HERE ARE SOME KEY FEATURES OF METABOLIC RESISTANCE TRAINING:

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#### 01 Compound Exercises

MRT focuses on compound exercises that engage multiple muscle groups, such as squats, deadlifts, lunges, push-ups, and rows. These exercises require more energy and recruit a larger number of muscles, leading to a greater metabolic response.

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#### 02 High Intensity

MRT workouts are typically performed at a high intensity to challenge the cardiovascular system and increase calorie expenditure. This can be achieved by using heavier weights, performing exercises at a faster pace, or reducing rest periods between sets. You and your coach can individualize to your needs and goals.

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#### 03 Circuit Format

MRT workouts are structured in a circuit format, where you move from one exercise to the next with minimal rest in between. This keeps the heart rate elevated, providing cardiovascular benefits while also stimulating muscle growth and strength improvements. We keep it fun with a variety of techniques to carry out these circuits along with periodizing the seasons or phases for maximal results throughout the year.

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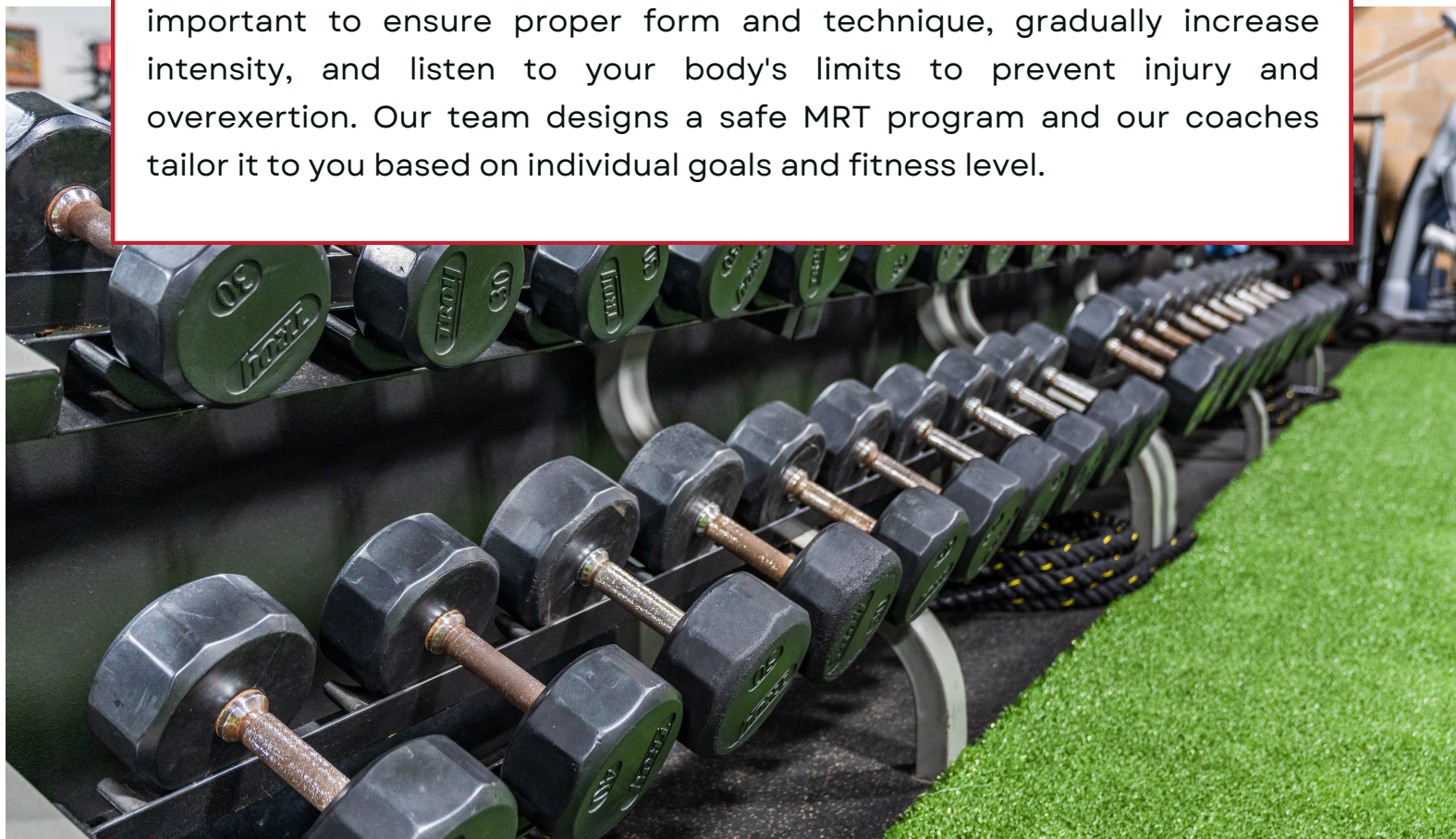
## 04 Time Efficiency

MRT workouts are designed to be time-efficient, as they combine both strength and cardiovascular training into one session. By incorporating compound exercises and minimizing rest time, you can achieve a full-body workout in a shorter duration.

## 05 Metabolic Effect

The combination of strength training and cardiovascular exercise during MRT leads to an increased metabolic effect. This means that your body continues to burn calories at an elevated rate even after the workout is finished, due to the metabolic demands placed on the muscles during the session.

Metabolic resistance training is an effective way to improve strength, cardiovascular fitness, and overall metabolic health. However, it is important to ensure proper form and technique, gradually increase intensity, and listen to your body's limits to prevent injury and overexertion. Our team designs a safe MRT program and our coaches tailor it to you based on individual goals and fitness level.





# *High Intensity* **DENSITY TRAINING**

FOCUSES ON PERFORMING A HIGH VOLUME OF WORK IN A  
LIMITED AMOUNT OF TIME

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## High Intensity Density Training (HIDT)

is a form of exercise that focuses on performing a high volume of work in a limited amount of time. It combines high-intensity exercises with short rest periods to maximize the overall training stimulus. The goal of HIDT is to increase the density of your workout, meaning you do more work in less time. Research indicates that 22 minutes of a HIDT workout is more effective than a 45 or 60 minute moderate workout such as the elliptical.

### HERE ARE SOME KEY FEATURES OF HIGH INTENSITY DENSITY TRAINING:

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#### 01 Intensity

HIDT workouts are performed at a high intensity level, pushing you to work near your maximum effort. This can be achieved by using heavier weights, performing explosive movements, or increasing the speed of your exercises. Yes, you absolutely can do this safely with lower impact exercises such as Total Body Extensions (TBX) versus something like jumping or sprinting.

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#### 02 Short Rest Periods

One of the defining characteristics of HIDT is the use of short rest periods between exercises or sets. This keeps your heart rate elevated throughout the workout, promoting cardiovascular conditioning and calorie burning.

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#### 03 Compound Exercises

HIDT typically involves performing compound exercises that engage multiple muscle groups simultaneously. This can include exercises like squat to press, d-ball slams, burpees, and kettlebell swings. Compound exercises are more efficient for overall strength and muscle development.

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## 04 Time Efficiency

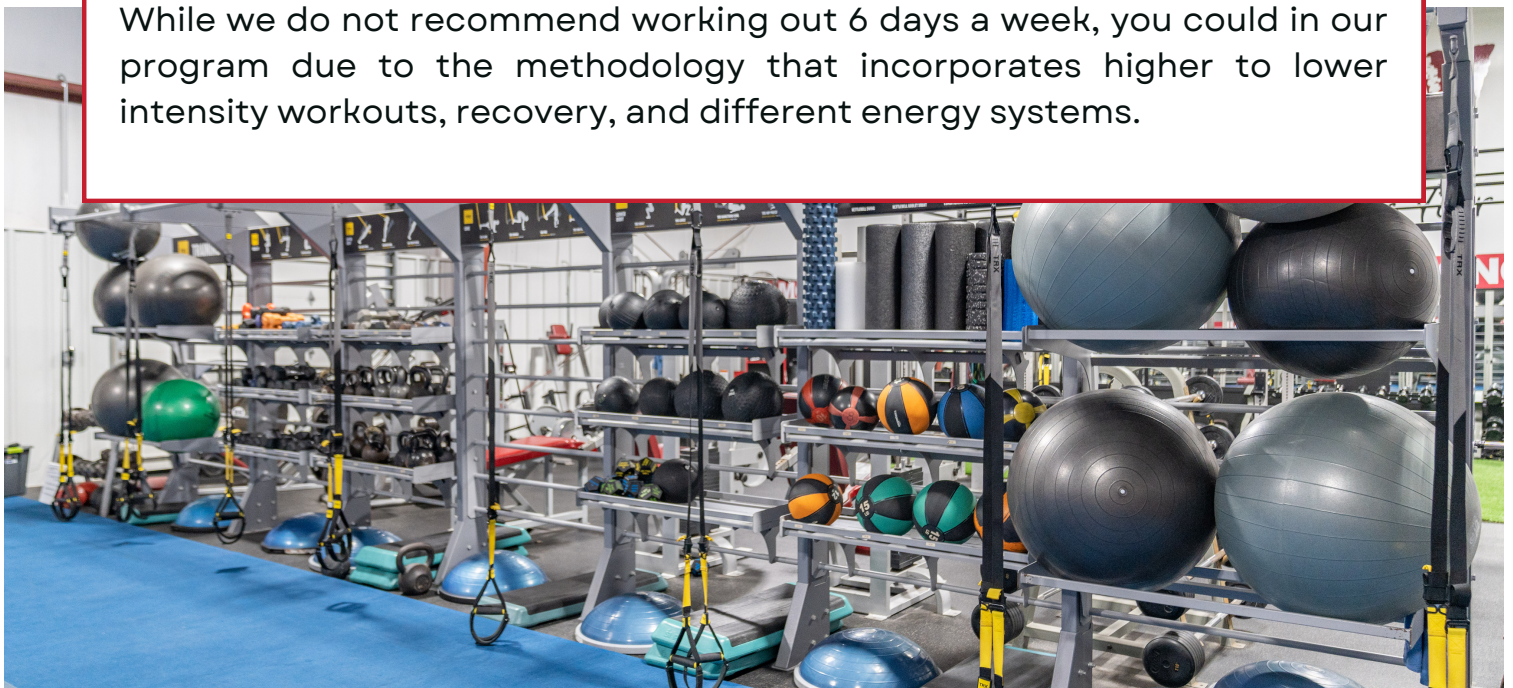
HIDT workouts are designed to be time-efficient, allowing you to get a highly effective workout in a shorter amount of time. By minimizing rest periods and increasing the intensity, you can achieve a significant training stimulus in as little as 20-30 minutes.

## 05 Metabolic Effect

HIDT workouts elicit a metabolic response similar to metabolic resistance training. The high intensity and short rest periods create a metabolic demand on the body, leading to increased calorie burn and improved metabolic efficiency.

HIDT can be a challenging and effective training method for improving strength, endurance, and overall fitness. However, it is important to approach it with caution and gradually increase intensity and volume to avoid overexertion or injury.

This is why we have structured our daily programming the way we have. While we do not recommend working out 6 days a week, you could in our program due to the methodology that incorporates higher to lower intensity workouts, recovery, and different energy systems.





# *Why do 30 minute* **WORKOUTS WORK** **BEST?**

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While there is no one-size-fits-all answer to the effectiveness of workouts under 30 minutes, several studies suggest that shorter, high-intensity workouts can be highly effective for improving fitness levels and achieving various health benefits.

## HERE ARE A FEW EXAMPLES OF RESEARCH SUPPORTING THE EFFECTIVENESS OF WORKOUTS UNDER 30 MINUTES:

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### 01 Tabata Protocol

A study published in the Journal of Physiology in 1996 by Dr. Izumi Tabata and his team compared the effects of high-intensity interval training (HIIT) with traditional moderate-intensity training. They found that just four minutes of Tabata-style HIIT (20 seconds of intense exercise followed by 10 seconds of rest, repeated for 8 cycles) increased both aerobic and anaerobic fitness significantly more than 60 minutes of steady-state cardio.

*We typically incorporate Tabata style workouts on our Tuesday or Thursday programming.*

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### 02 Metabolic Effect

Short, high-intensity workouts have been shown to have a significant metabolic effect, leading to increased calorie burn during and after the exercise session. A study published in the Journal of Strength and Conditioning Research compared the energy expenditure of a 20-minute high-intensity workout to a 40-minute moderate-intensity workout. The researchers found that the high-intensity workout burned more calories during the session and resulted in a greater post-exercise metabolic rate.

*30 minutes 3 times a week is the magic formula.*

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### 03 Time Efficiency

One of the main advantages of shorter workouts is their time efficiency. Many people find it easier to commit to shorter exercise sessions, making it more likely that they will adhere to their workout routine in the long term. This consistency can lead to better overall fitness outcomes.

***Trust the process and stay the course.***

*Example of a 5 Day Workout Plan that you could even do at home with minimal equipment:*

5 Day Workout Plan





## DOING TOO MUCH EXERCISE OR ENGAGING IN EXCESSIVELY LONG EXERCISE SESSIONS CAN BE COUNTERPRODUCTIVE TO HEALTH AND WEIGHT LOSS GOALS FOR SEVERAL REASONS:

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### 01 Overtraining

Excessive exercise without adequate rest and recovery can lead to overtraining. Overtraining syndrome can cause fatigue, decreased performance, mood disturbances, increased risk of injury, weakened immune system, weight gain, and hormonal imbalances. It can hinder progress and make it harder to achieve fitness goals.

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### 02 Increased Injury Risk

Prolonged or intense exercise sessions can increase the risk of injuries such as stress fractures, tendonitis, muscle strains, and joint problems. Overloading the body without giving it enough time to recover can lead to chronic issues that impede progress and may require extended periods of rest.

*We encourage 3-4 days a week of training. Thursday programming includes more recovery work. We recommend recovery and flexibility work for AFTER all workout.*

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### 03 Hormonal Imbalances

Long-duration or intense exercise can disrupt hormonal balance in the body, particularly the stress hormone cortisol. Chronically elevated cortisol levels can hinder weight loss efforts as it promotes fat storage, particularly around the abdominal area. It can also suppress the immune system and interfere with sleep patterns.

*Have you heard the term “skinny fat”? This is why someone who may do a lot of cardio exercises may appear skinny, but actually have a high percentage of body fat.*

*Long distance running without proper warm up, cool down, recovery, supplementation and nutrition can fall into these categories too.*

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## 04 Metabolic Adaptation

Doing too much exercise without proper nutrition can lead to metabolic adaptation. The body may adapt to the increased energy expenditure by slowing down the metabolic rate, making weight loss plateau or even leading to weight gain. Additionally, excessive exercise can increase appetite and lead to overeating, counteracting the calorie deficit needed for weight loss.

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## 05 Psychological Burnout

Long exercise sessions can be mentally draining, leading to reduced motivation and burnout. If exercise becomes a chore or source of stress, it may become harder to maintain a consistent routine and stick to fitness goals.

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## 06 Neglecting Other Aspects of Well-being

Spending excessive time on exercise can lead to neglecting other important aspects of well-being, such as sleep, nutrition, and stress management. Neglecting these factors can hinder overall health and weight loss efforts.

It's important to find a balance that suits individual needs and goals. Listening to your body, incorporating rest days, and focusing on quality rather than quantity of exercise can help optimize results and prevent counterproductive outcomes.

*Too much of anything isn't always a good thing ;)*



R E M E M B E R

# TRAIN SMARTER – NOT HARDER

Your workouts should be FUN and support the things you want to do in life! Exercising isn't a punishment or a chore with when you have an amazing team of coaches and community of like minded individuals there to support you too!