

# 20 FITNESS TIPS FOR OLDER MEN

Research shows that extra kilos mean a shorter life for men. It's time to start turning back the clock and here are some tips!



- ☐ First measure your waist.
- ☐ Cut down on alcohol.
- ☐ Use pedal-power.
- ☐ Motivate yourself with this fact.
- ☐ Take the stairs.
- ☐ Resistance isn't futile.
- ☐ Make the weights heavy.
- ☐ Warm up.
- ☐ Time yourself over a mile.
- ☐ Do push-ups.
- ☐ Don't be scared to push yourself.
- ☐ Eat more protein.
- ☐ Become a swinger.
- ☐ Follow a 4x25 fitness plan.
- ☐ Stretch in front of the TV.
- ☐ Add 60-second bursts of effort to a stroll.
- ☐ Try brick sessions.

☐ Don't worry about running giving you bad knees.

☐ Eat more manly superfoods.

☐ Recover well.

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