

# METABOLIC RESET GUIDE

*Reclaim Your Metabolism After 40*

The simple, science-backed framework to fix your metabolism, build lean muscle, and hit your physique goals—without the guesswork.

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## The Bottom Line

Your metabolism didn't slow down because you got older. It slowed down because you stopped doing the things that keep it fast. This guide shows you exactly what those things are—and how to do them.

# 1. The Metabolism Myth

**"I have a slow metabolism."**

You've probably said this. Most people over 40 have. And it sounds true—you've watched your body change as you've aged, calories seem to stick around longer than they used to, and weight loss feels harder.

**But here's the real story: Your metabolism didn't break. You did.**

After 40, most people lose **3-5% of their muscle mass per decade**. Muscle is metabolically expensive—it burns calories even at rest. Less muscle = lower metabolism. But here's what nobody tells you: this is optional. You can stop it. You can reverse it.

The people who maintain their metabolism after 40 aren't lucky. They're not on secret supplements. They're doing four specific things consistently. This guide breaks down exactly what those are.

## ■ PRO TIP: The Baseline Test

For the next week, eat normally and track your weight daily. Average the week. That's your baseline at current habits. This number will drop 5-8 lbs in week 1 of the reset (mostly water), then stabilize. Expect fat loss of 1-2 lbs per week after that.

## 2. The Four Pillars of Metabolic Health

Your metabolism runs on four pillars. Neglect any one of them, and the whole structure weakens. Master all four, and you get the results you want—without fighting your body.

Pillar	Why It Matters	Quick Win
<b>Strength Training</b>	Builds and preserves the tissue that burns calories at rest	3x/week full-body
<b>High-Protein Nutrition</b>	Supports muscle, stabilizes energy, reduces cravings	0.8-1g protein per lb bodyweight
<b>Sleep &amp; Recovery</b>	Where muscle is built; regulates hunger hormones	7-9 hours consistent bedtime
<b>Stress &amp; Cortisol</b>	Chronic stress kills muscle and drives fat storage	20-minute daily stress practice

Skip one pillar, and you'll feel it immediately. Do all four consistently, and you'll see results in 30 days.

### ■ PRO TIP: The Hierarchy

If you can only do one: strength training. It's the foundation. With only strength training, you'll see gains. Add protein and sleep, and you'll explode. Add stress management and you're unstoppable. But without strength training, the other three won't deliver the body comp results you want.

## 3. Pillar 1: Strength Training for Muscle

### Why Strength Training Matters Most

Cardio burns calories during the workout. Strength training burns calories *all day*. Every pound of muscle tissue requires about 6 calories per day just to maintain. That might sound small, but it compounds. Build 5 pounds of muscle and you've increased your baseline calorie burn by ~30 calories/day. That's 10,950 calories per year—about 3 pounds of fat.

### The Minimum Effective Dose

#### 3 days per week, full-body resistance training

Each session: 45-60 minutes

Compound lifts: Squats, deadlifts, bench press, rows

Rep range: 6-12 reps per set (moderate-to-heavy weight)

Volume: 3-4 sets per exercise

### Progressive Overload = Results

Track your weights. Every week, try to add 1-2 more reps or 5 pounds to the bar. This is the signal to your body that it needs to build/keep muscle. Without progression, your body has no reason to adapt.

#### ■ PRO TIP #1: Rest-Pause Sets for Fast Gains

On your final set, hit failure at 8 reps. Rest 15-20 seconds. Do as many reps as you can. Repeat 2-3 times. This triggers more muscle fiber recruitment and growth without adding volume. Your last set should feel impossible—that's the point.

#### ■ PRO TIP #2: Form Before Weight

A perfect rep at 185 lbs > a sloppy rep at 225 lbs. Bad form means less muscle activation and higher injury risk. Film yourself. Compare to YouTube. Ego-lift later; build the foundation first.

#### ■ PRO TIP #3: Deload Every 4 Weeks

Every 4th week, drop weight by 30-40% and do the same reps. Your CNS recovers, your joints repair, and you come back stronger. Prevents burnout and injury. This is not a waste week—it's recovery.

## 4. Pillar 2: High-Protein Nutrition

### Protein is Non-Negotiable

Protein does three things: it preserves muscle, increases satiety (so you eat less without thinking), and has the highest thermic effect of any macronutrient (your body burns calories digesting it). Most people over 40 eat half the protein they need.

### Your Protein Target

#### 0.8–1.0g of protein per pound of body weight, per day

If you weigh 180 lbs: 144–180g protein daily

Spread across 3-4 meals (30-50g per meal)

### Protein Sources (Pick Your Favorites)

- Chicken breast, ground turkey (40g per 4oz)
- Lean beef, ground beef (35g per 4oz)
- Fish & seafood (30-40g per 4oz)
- Eggs (6g per egg, 30g per 3 eggs)
- Greek yogurt (15-20g per cup)
- Cottage cheese (25-28g per cup)
- Protein powder (20-30g per scoop)

### Simple Calorie Framework

Don't obsess over counting. Use this instead: Fill your plate with protein and vegetables. Add carbs if you're active that day. Add fats for satiety. You'll naturally eat the right amount.

#### ■ PRO TIP #1: The Protein Multiplier

If you miss protein at breakfast, you won't catch up. Aim for 30-40g at every meal. If a meal is only 20g, add a shake or Greek yogurt. Protein at every meal = stable hunger hormones = easier diet adherence.

#### ■ PRO TIP #2: The Carb Timing Window

Eat carbs around your workouts (pre- and post-training). Outside of training days, keep carbs moderate and focus on protein + veggies + fats. This maximizes muscle building while keeping fat loss easy.

#### ■ PRO TIP #3: Protein Powder is a Tool, Not a Meal

Use it to fill gaps (post-workout, quick breakfast). But most of your protein should come from whole foods. Your body responds better to chicken + veggies than to 5 shakes a day.

## 5. Pillar 3: Sleep & Recovery

### Sleep is Where the Magic Happens

When you lift weights, you create micro-tears in muscle fibers. Muscle growth happens during recovery, not during the workout. Sleep is when growth hormone is highest, when cortisol (stress hormone) is lowest, and when your body repairs and rebuilds. Skimp on sleep and you'll work hard but not see results.

### The Non-Negotiables

- **7–9 hours per night** – Track this for a week. Most people are 1–2 hours short.
- **Consistent bedtime & wake time** – Even weekends. Your body adapts to rhythm.
- **Dark, cool room** – 65–68°F is ideal. Your phone doesn't belong in your bedroom.
- **No screens 30–60 min before bed** – Blue light suppresses melatonin.
- **Limit caffeine after 2 PM** – It has a 5–6 hour half-life.

### Why This Matters for Metabolism

Poor sleep increases cortisol and ghrelin (hunger hormone) while decreasing leptin (fullness hormone). You'll feel hungrier, crave sugar, and hold onto fat. One bad night won't kill you. One month of bad sleep will.

#### ■ PRO TIP #1: The Sleep Debt is Real

If you get 6 hours for 5 days, you can't "catch up" by sleeping 12 hours on Saturday. Consistency matters more than total hours. A steady 7 hours daily beats 5+9 hours.

#### ■ PRO TIP #2: Cool Down Your Room (Literally)

Body temp naturally drops before sleep. If your room is warm, your brain fights it. A small AC unit or fan pays for itself in 30 days of better sleep. Aim for 65-68°F.

#### ■ PRO TIP #3: Magnesium Glycinate at Night

200-400mg before bed helps with sleep quality without the grogginess of other sleep aids. It also helps with muscle recovery and stress. Not a shortcut—just a tool that works.

## 6. Pillar 4: Stress & Cortisol Management

### Chronic Stress is Fat Storage

When stressed, your body produces cortisol (the "emergency" hormone). Cortisol tells your body to preserve fat for survival and break down muscle for energy. This is great if you're running from a tiger. It's terrible if you're stuck in traffic or dealing with work deadlines. Most people over 40 live in a state of chronic low-grade stress. Your metabolism pays the price.

### The Daily Reset (Pick One or Combine)

- **Meditation/Breathwork** – 10–20 minutes daily. Apps: Calm, Wim Hof, Headspace. Even 5 min counts.
- **Walking** – 20–30 minute walk, no phone, no podcast. Just think (or don't).
- **Strength Training** – It's a stress outlet. The weights don't judge.
- **Yoga/Stretching** – Even 15 minutes loosens the nervous system.
- **Cold Plunge or Cold Shower** – 30 sec–2 min cold water. Resets your stress response.
- **Journaling** – 5–10 minutes of brain dump. Gets stress out of your head.

### The Non-Negotiable Minimum

**20 minutes daily of intentional stress management.** This is as important as the gym. High stress + perfect diet + perfect training = no results. Low stress + 80% compliance = steady wins.

#### ■ PRO TIP #1: The 4-7-8 Breath Hack

Breathe in for 4 counts, hold for 7, exhale for 8. Do this 4-5 times before bed or when stressed. It activates your parasympathetic nervous system (the "rest" mode). Takes 2 minutes. Works every time.

#### ■ PRO TIP #2: Cold Exposure is a Stressor (Use Strategically)

Cold showers stress your body intentionally, which builds stress resilience. Start with 30 seconds. But don't do this if you're already chronically stressed. If you're calm, cold = adaptation. If you're anxious, warm water is fine.

#### ■ PRO TIP #3: Movement Before Meditation

If meditation feels impossible, walk first. Get your body moving for 10-15 minutes, then sit. Your nervous system is more receptive. Sitting quietly when wound up just amplifies anxiety.

## 7. Your 30-Day Reset Action Plan

Don't try to perfect all four pillars at once. Pick them in order. Week 1, focus on pillar 1. Week 2, add pillar 2. Week 3, add pillar 3. Week 4, add pillar 4. This gives your brain and body time to adapt.

### Week 1: Strength Training

- Find a gym or set up home equipment (dumbbells minimum)
- Choose a beginner-friendly program (Starting Strength, Stronglifts 5x5, or simple home dumbbell routine)
- Schedule 3 days: Monday, Wednesday, Friday (or any 3 non-consecutive days)
- Track your weights in Notes or a spreadsheet

**Goal: Complete 3 workouts without missing**

#### ■ PRO TIP: Start Light

Choose weight you can do 8-10 reps with good form. You should leave 2-3 reps in the tank. The first week is about forming the habit, not ego-lifting. Easy > impressive.

### Week 2: Add High-Protein Eating

- Calculate your protein target (0.8–1g per lb bodyweight)
- Plan 3 meals with 30–40g protein each + snacks
- Stock your kitchen: chicken, eggs, Greek yogurt, cottage cheese, ground beef
- Use a free app (MyFitnessPal, Cronometer) to track protein for 3–5 days to calibrate

**Goal: Hit your protein target 6 out of 7 days**

#### ■ PRO TIP: Meal Prep Sundays

Cook 2-3 lbs of ground beef or chicken on Sunday. Divide into containers. You now have protein for 4-5 meals. Paired with rice/veggies = no thinking required during the week.

### Week 3: Prioritize Sleep

- Set a consistent bedtime and wake time (even weekends)
- Remove screens from your bedroom
- No screens 30–60 min before bed
- Keep your room dark, cool, and quiet

**Goal: Average 7–8 hours for 5 out of 7 nights**

#### ■ PRO TIP: Blackout Curtains or Sleep Mask

A \$20 sleep mask is easier than blackout curtains. Total darkness signals your brain to produce melatonin. Even a small light (clock, phone) suppresses it.

## Week 4: Add Stress Management

- Pick one stress practice (meditation, walking, yoga)
- Do it for 20 minutes daily
- Track it (check off a calendar)

**Goal: Complete 6 out of 7 days**

### ■ PRO TIP: Stack It With Existing Habits

Already take a morning walk? Add meditation when you get back. Already in bed? Do 5 min of breathwork before sleep. Don't create new time slots—attach the new habit to something you already do.

## 8. Tracking Progress & Staying Accountable

### What to Track (Keep It Simple)

- **Scale Weight** – Weigh yourself once per week (same day, same time). Don't obsess over daily fluctuations.
- **How You Feel** – Energy, strength in the gym, clarity, mood, sleep quality.
- **How You Look** – Take progress photos monthly (same time, same clothing, same lighting).
- **Workout Performance** – Can you lift more? Get more reps? Do more total volume?
- **Adherence Metrics** – Did you hit protein? Get 7+ hours sleep? Complete your workouts?

#### ■ PRO TIP: Track Adherence, Not Just Scale

A spreadsheet with workouts completed, protein hits, sleep hours, and stress practice done matters more than the scale. The scale lags behind good habits by 1-2 weeks. But if adherence is 80%+, the scale WILL move.

### Your 30-Day Expectations

At 30 days, you might see: 3–5 lbs of scale weight lost, noticeable strength gains, better sleep quality, improved energy, and a clearer sense of what works for your body. More importantly, you'll have built the habit foundation for the next 30 days (and the next year).

### If You're Not Seeing Results

The most common culprits: not enough protein (undershoot by 20–30g per day makes a difference), not enough sleep (6 hours isn't enough; you need 7–9), not enough consistency (80% consistency isn't the same as 100%), and not prioritizing the pillars in the right order (you can't out-train bad sleep and stress).

#### ■ PRO TIP: The 90-Day Cycle

Don't judge 30 days too harshly. Your body starts responding immediately, but visible results take 90 days. Set a 90-day target. Check in at 30 days (adjust if needed), then push through to 90. That's when you see dramatic change.

# You Now Know What Works

The four pillars aren't sexy. They're not a shortcut. They're the opposite—they're the fundamentals that everyone knows work but few actually do. Your job for the next 30 days is simple: build the habit, not perfection.

After 30 days, you'll feel different. You'll have more energy, more clarity, more strength. Your body will respond. And you'll realize that the only thing standing between you and the physique you want is consistency.

**Questions? Ready to take it further? Let's work.**

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*—Dan*