

FREE GUIDE



THE THZ CONSULTING GROUP

ARE YOU OVER 50 AND **GAINING WEIGHT?**

**DISCOVER 5 REASONS
YOUR BODY IS CHANGING!**



A Personal Message From Todd Cheek

Getting Older Is Inevitable. Giving Up on Your Health Is Optional.

Hi, and welcome!

First, I want to personally thank you for downloading this guide, **"Over 50 and Gaining Weight? Discover 5 Reasons Your Body Is Changing."**

My name is Todd Cheek, and before we get into the information, I want to share a little something about myself and why I created this guide.

You see, back in my 20s and 30s, I was what you might call a *gym rat*.

I loved working out! Back then, it was all about building muscle, getting those six-pack abs, and making sure the "gunz" looked good in a T-shirt. You know what I'm talking about!

And honestly, during those years, it seemed like my body responded to just about everything I did. I could push harder in the gym, make a few changes to my diet, and see results relatively quickly.

But something interesting happened along the way.

I got older. And my body started changing.

Today, at 59 years young, I still care about how I look. Let's not pretend that doesn't matter! But my priorities have definitely changed.

These days, I'm asking myself some very different questions.

How do I maintain my strength and muscle as I get older?

How do I keep my energy levels up so I can continue enjoying life?

How do I manage my weight without constantly jumping from one diet to another?

How do I protect my mobility, maintain my independence, and continue doing the things I love?

And perhaps the most important question of all:

How do I GET WELL and STAY WELL BEYOND 50?

That's what matters to me now.

And if you're reading this guide, I'm willing to bet some of those questions have crossed your mind, too.

Let Me Tell You Something. I Understand the Frustration.

After more than 25 years of helping people improve their health and fitness, I've heard the same frustrations over and over again.

"Todd, I'm eating less, but I'm still gaining weight."

"I'm doing the same workouts I used to do, but I'm not getting the same results."

"I feel tired all the time."

"I just can't seem to get rid of this belly fat."

"Nothing seems to work anymore!"

Sound familiar?

Here's what I want you to understand.

Your body at 55 or 65 is not the same body you had at 25 or 35. And that's okay!

As we age, changes in muscle mass, hormones, activity levels, sleep, and other factors can influence how our bodies manage weight and use energy.

But here's where I believe so many people get discouraged.

They keep trying to use the same strategies that worked 20 or 30 years ago, and when those strategies stop producing the same results, they begin to blame themselves.

They think they lack discipline.

They think they need more willpower.

Or worse, they begin to believe that gaining weight, losing strength, and feeling tired are simply unavoidable parts of getting older.

I don't believe we should accept that as our future.

Yes, our bodies change. But that doesn't mean we stop having choices. It means we need to better understand what's happening and learn how to respond.

That's Why I Created This Guide.

I didn't create this guide to sell you another fad diet, promise you overnight results, or convince you that you need to spend hours in the gym.

I created it to help you better understand your body.

Because I believe that when you understand *why* something is happening, you're in a much better position to do something about it.

Throughout this guide, we're going to explore five important reasons your body may be changing after 50, particularly when it comes to weight gain, metabolism, and maintaining muscle.

More importantly, I want you to begin recognizing that there are practical steps you can take to support your health, improve your habits, and move forward with greater confidence.

And no, you don't have to be perfect.

You don't have to become a gym rat.

And you certainly don't have to turn your entire life upside down overnight.

You must be willing to take that first step.

One Last Thing Before We Get Started...

I want you to think about something.

What would your life look like five or ten years from now if you started making your health a priority today?

Would you have more energy to spend time with your family?

Would you feel stronger and more confident?

Would you be able to travel, enjoy your hobbies, and remain active without feeling like your body is constantly holding you back?

That's what this journey is really about.

Not just losing a few pounds.

Not just fitting into a smaller pair of jeans.

But creating a healthier, stronger, more fulfilling life in the years ahead.

Because here's something I truly believe:

We're not getting older just to get older. We're getting older to keep living!

And my goal is to help you do exactly that.

So, thank you again for allowing me to be a small part of your health journey.

Now, let's discover what's really happening to your body after 50 — and what you can begin doing about it.

To your health and your future,

Todd Cheek

Health and Life Strategist

Founder, The Well Beyond 50 Reset

The THZ Consulting Group

First, understand this

If you have noticed more weight around your waist, less muscle, or that your old routines are not producing the same results, you are not imagining the changes. But they do not mean improvement is out of reach.

A different season calls for a different strategy

After 50, body composition and daily energy needs can shift. Hormonal changes, reduced movement, changes in sleep, health conditions, and gradual muscle loss may all play a role. The pattern varies from person to person.

This guide explains five common contributors and gives you practical starting points. There is no single "broken metabolism" explanation - and no one-size-fits-all fix.

Your goal is not to turn back the clock. It is to build habits that support the body you have today.

What you will learn

- Why muscle loss can influence your energy needs and strength.
- How daily activity, food choices, sleep, and stress interact.
- What you can start doing this week without extreme dieting.

You do not have to overhaul your life overnight. Consistent, realistic steps add up.

Reason 1: You May Be Losing Muscle

Muscle mass and strength tend to decline with age, particularly when we are less active. This matters for how we move, how we function, and how much energy our bodies use.

What is happening?

Muscle tissue uses energy even at rest. Losing muscle can contribute to a gradual decline in resting energy expenditure, although it is only one part of the picture. The bigger immediate concern is often losing strength and the ability to stay active.

Your action steps:

- Aim for muscle-strengthening activity at least two days per week, using weights, resistance bands, machines, or suitable body-weight movements.
- Start with movements you can perform comfortably, such as a supported sit-to-stand, wall push-up, or resistance-band row.
- Include protein-rich foods across meals. Individual needs vary, especially with certain medical conditions.

Start small: two 15- to 25-minute strength sessions this week can be a practical beginning.

If you are new to exercise, have balance concerns, or have an injury, ask a qualified

Reason 2: Your Daily Movement Has Changed

Many people focus on workouts but overlook the movement that happens during the rest of the day.

The movement you do not notice

Walking, household tasks, errands, standing, and other daily activities all contribute to energy use. A more sedentary job, a change in routine, or aches that limit movement can make a meaningful difference over time.

Your action steps

- Take a short walk after one or two meals when practical.
- Break up long periods of sitting with a few minutes of standing or moving.
- Choose a manageable daily movement target and increase it gradually.

Consistency beats intensity: a movement habit you repeat is more useful than a perfect plan you abandon.

For general health, adults are encouraged to work toward at least 150 minutes of moderate-intensity aerobic activity weekly, alongside strength work. Build toward that goal at your own pace.

Reason 3: Your Food Habits May Need Adjusting

Your nutrition needs do not disappear with age. But portion patterns, protein intake, and the balance of foods you eat may deserve a fresh look.

Why simply eating less can backfire

Aggressive restriction can make it harder to meet nutrient needs and maintain muscle. For many people, a better approach is a sustainable calorie pattern paired with adequate protein, fiber-rich foods, and regular activity.

Your action steps

- Build meals around colorful vegetables or fruit, a protein source, and high-fiber carbohydrates where appropriate.
- Choose minimally processed foods more often and be mindful of liquid calories and frequent snacking.
- Pay attention to portions without labeling foods as "good" or "bad."
- If you monitor blood sugar, favor balanced meals and discuss individual carbohydrate needs with your care team.

A simple plate: half vegetables, one-quarter protein, and one-quarter whole grains or another high-fiber carbohydrate is a flexible starting point.

You do not need a crash diet or a detox cleanse to support normal liver and kidney function.

Reason 4: Sleep and Stress May Be Working Against You

Your body responds to more than calories and exercise. Sleep and stress can influence appetite, energy, food choices, and the motivation to move.

What to watch for

Poor sleep can make it harder to maintain consistent routines and may affect hunger and appetite regulation. Chronic stress can also change eating patterns and recovery. These are influences, not personal failures.

Your action steps

- Keep a fairly consistent sleep and wake schedule.
- Create a wind-down routine and reduce late-night screen stimulation when possible.
- Use short walks, breathing exercises, or relaxing activities to manage stress.
- If you snore heavily, wake gasping, or feel persistently exhausted, discuss sleep concerns with a healthcare professional.

Rest is part of your health strategy - not a reward you earn after everything else is done.

Reason 5: Hormones and Health Factors Can Shift

Changes in estrogen, testosterone, and other hormones can affect body composition, sleep, and well-being. But hormones are not the only possible explanation for weight changes.

A more complete picture

Menopause is associated with changes in fat distribution for many women. In men, testosterone levels can vary with age and health. Certain medications, thyroid disorders, changes in mobility, and other conditions can also contribute to weight gain or fatigue.

Your action steps

- Notice patterns: waist measurements, strength, energy, sleep, and how your clothes fit can add context beyond the scale.
- Review unexplained or rapid weight changes, significant fatigue, or new symptoms with your healthcare professional.
- Avoid assuming a supplement or hormone product is the answer without an appropriate evaluation.

You deserve a plan based on your whole health picture, not a promise that one hormone or product explains everything.

Healthy aging is about working with your body, using evidence-based habits and individualized care when needed.

Your 7-Day Reset: Start Here

Choose a few manageable actions this week. You do not need to do every item perfectly to make progress.

A practical starter checklist

- Day 1: Write down your main goal and why it matters to you.
- Day 2: Take a 10- to 15-minute walk or use a comfortable alternative.
- Day 3: Add a protein source to a meal.
- Day 4: Try a beginner-friendly strength session or seek guidance on safe movements.
- Day 5: Plan a consistent bedtime and a short wind-down routine.
- Day 6: Repeat your preferred movement activity and prepare one balanced meal.
- Day 7: Reflect: what felt realistic, what got in the way, and what will you repeat next week?

Progress is not perfection. It is doing the next useful thing, then doing it again.

Keep this guide handy. Return to it when your motivation dips and remember that sustainable change comes from a system of habits, not a single trick.

Ready to understand your body – and build a plan?

You have learned five reasons body weight and body composition may change after 50. The next step is putting the pieces together in a way that fits your life.

You are invited to a free training

“Why Your Body Changes After 50 - And What You Can Do About It”

In this training, we explore how strength, nutrition, metabolism, sleep, and accountability fit together - and how The Well Beyond 50 Reset approaches these areas through education, coaching, and practical support.

Reserve your spot or learn more: [**REGISTER FOR THE FREE TRAINING**](#)

Hosted by Todd Cheek | The Well Beyond 50 Reset

A final word

You do not need to be the person you were at 30 or 40. You can take steps toward being stronger, more capable, and healthier in the years ahead.

Educational note: This guide provides general information and is not a diagnosis or individualized medical or nutrition advice. Consult your healthcare professional before major diet or exercise changes, especially if you have chronic conditions or take medication.

Selected references: CDC, Adult Activity: An Overview (cdc.gov/physical-activity-basics); National Institute on Aging, Exercise and Physical Activity (nia.nih.gov); CDC, About Sleep (cdc.gov/sleep)

