

A FREE GUIDE FOR WOMEN OVER 50

The Healthy Aging Reset

5 simple habits to look and feel your best after 50

Less pressure. More strength. Better everyday habits.

A little note before you begin

You do not need a perfect diet, a punishing workout, or a complicated beauty routine. This guide gives you five practical starting points you can adapt to your life.

BY EVELYN HART • WELLNESS AFTER 50



01 / MOVEMENT

Start your day with movement

A short walk, gentle mobility routine, or a few minutes of dancing can make it easier to build an active day. The goal is not to exhaust yourself; it is to make movement a repeatable habit.

Your 10-minute starter routine

1. Walk at a comfortable pace for 5 minutes.
2. Roll your shoulders and gently turn your head for 1 minute.
3. March in place or take a few steps around the room for 2 minutes.
4. Finish with 2 minutes of relaxed walking and easy breathing.

Make it stick

Attach movement to something you already do: after your morning coffee, before lunch, or while listening to a favorite song.

TRY THIS TODAY

Choose one 10-minute window and put it on your calendar. If 10 minutes feels like too much, start with 3.

Move within your abilities. If you have a medical condition, symptoms, or balance concerns, ask a clinician about suitable activity.

02 / NUTRITION

Build meals around protein and fiber

After 50, maintaining muscle and eating a varied, nourishing diet become especially important. Protein-rich foods and fiber-rich plants are useful building blocks, but you do not need to follow a restrictive diet to begin.

An easy plate to remember

Protein: eggs, yogurt, beans, fish, tofu, or poultry.

Fiber-rich plants: vegetables, fruit, lentils, or whole grains.

Healthy fats: olive oil, nuts, seeds, or avocado.

Water: keep a glass or bottle nearby throughout the day.

A simple meal idea

A bowl with salmon or chickpeas, roasted vegetables, quinoa, and olive oil; or Greek yogurt with berries, oats, and nuts.

TRY THIS TODAY

At your next meal, add one protein source and one fiber-rich plant food. Small additions are easier to sustain than a complete overhaul.

People with kidney disease, diabetes, food allergies, or other dietary needs may require individualized advice.

03 / STRENGTH

Keep your strength in the picture

Strength training helps maintain muscle and supports everyday tasks, from carrying groceries to climbing stairs. You can begin with body-weight movements and progress gradually.

A gentle beginner circuit

Chair sit-to-stand: 5–8 controlled repetitions from a stable chair.

Wall push-ups: 5–8 repetitions with your hands on a sturdy wall.

Standing calf raises: 8–10 repetitions while holding a stable support.

Rest: pause between movements and repeat only if comfortable.

Your progress goal

Aim for comfortable, controlled movements first. Over time, you can add repetitions or resistance if it is appropriate for you. Recovery days matter, too.

TRY THIS TODAY

Pick just one movement and practice it with good form. Consistency matters more than intensity at the start.

Stop if you experience pain, dizziness, chest discomfort, or unusual shortness of breath. Ask a qualified professional for adaptations if needed.

04 / SKINCARE

Make skincare simple

Healthy-looking skin does not require a 12-step routine. Consistent basics can help protect the skin barrier and reduce preventable sun damage.

A simple morning routine

1. Cleanse gently if needed.
2. Apply a moisturizer suited to your skin type.
3. Use broad-spectrum SPF 30 or higher on exposed skin; reapply as directed, especially outdoors.

A simple evening routine

1. Remove makeup and sunscreen gently.
2. Moisturize while your skin is slightly damp.
3. Introduce new active ingredients one at a time and patch-test when appropriate.

What matters most

A routine you enjoy and can repeat usually beats an expensive shelf of products you rarely use.

TRY THIS TODAY

Check whether your daily moisturizer or sunscreen provides adequate broad-spectrum sun protection.

05 / RECOVERY

Protect your sleep and recovery

Rest is part of a healthy routine, not a reward for finishing everything else. Sleep, downtime, and stress management can support how you feel during the day.

Try a 20-minute wind-down

10 minutes: put away work and reduce bright-screen time.

5 minutes: prepare tomorrow's essentials to quiet your mind.

5 minutes: read, stretch gently, or breathe slowly.

Build a consistent rhythm

Try to keep your bedtime and wake-up time relatively consistent. Keep your bedroom comfortable, dark, and quiet when possible.

TRY THIS TODAY

Choose one evening cue, such as dimming the lights or making herbal tea, to signal that the day is winding down.

Healthy aging is not about doing everything. It is about doing a few helpful things, often enough to matter.

YOUR NEXT STEP

Your 7-day reset checklist

You do not need to master all five habits this week. Start with one or two and build from there.

- ☐ Day 1: Move for a few minutes each day
- ☐ Day 2: Add protein and fiber to one meal
- ☐ Day 3: Practice one gentle strength movement
- ☐ Day 4: Use moisturizer and daily sun protection
- ☐ Day 5: Create a relaxing bedtime cue
- ☐ Day 6: Notice how you feel, without judging yourself
- ☐ Day 7: Choose one habit to continue next week

Keep exploring wellness

Want to learn more about nutrition, skincare, and healthy-aging products? Visit the wellness recommendations on Evelyn's landing page. Choose products based on their ingredients, evidence, and suitability for your needs.

A NOTE ABOUT EVELYN

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