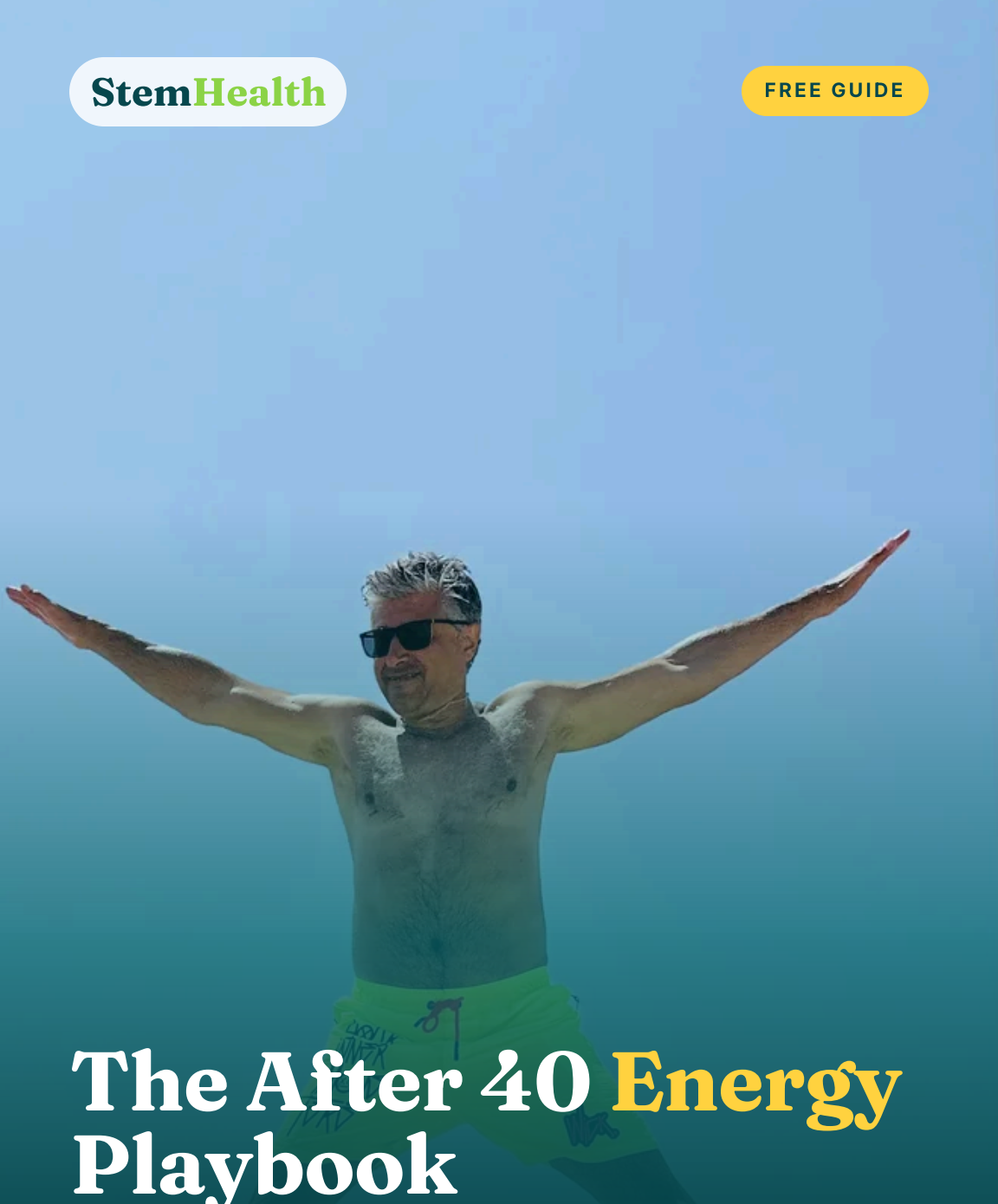
StemHealth

FREE GUIDE



The After 40 Energy Playbook

3 simple habits I live by

1. Sleep on schedule
2. Lift 3x a week
3. More of what makes you happy

From a 52 year old New Yorker who still dances until 2 AM.
Includes my full gym routine and a printable weekly checklist.

By **Alex Mikaloff**, HealthyHome Independent Distributor | StemHealth.co

START HERE



Hi, I'm Alex

52, New York City

I'm up at 6:30 with energy until 11 at night. Corporate tech job, my own clients, two kids and the gym 3 times a week.

I've always been active, but after 45 I started to feel older. I felt beat up after every soccer game.

Some weekends I'm out dancing until 2 AM. The next day I feel like I'm in my thirties.

People ask me how. It's not complicated. No fancy diet, no crazy routine. It comes down to **3 simple habits I live by + 1 supplement.** That's this whole guide.

> *Why I share StemActive: "It changed how I feel every day, and I want more people over 40 to know there's a simple option for healthy aging."*

1. **Sleep, and keep it consistent**
2. **Lift weights 3 times a week**
3. **More of what makes you happy**

HOW TO USE THIS GUIDE

- Start with habit 1 this week. Just one.
- Add the next one when the first feels normal.
- Print the checklist on page 6 and tick the boxes.

HABIT 1

1 Sleep. The key is consistency.

Most people only think about how many hours they sleep. For me, the bigger thing is **when**.

Reorganize your life so you go to sleep and wake up around the same time every day, give or take 30 minutes to an hour. Your body loves a rhythm.

My schedule

6:30 AM	~7:30 AM
up on weekdays	up on weekends

The 5 day rule

One day a week off schedule is OK. If that's a big deal for you, take two, say Friday and Saturday. Then five days in a row, you're on point.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
on point	on point	on point	on point	flex	flex	on point

TRY THIS WEEK

- Pick your wake up time first, then work backward to your bedtime.
- Set a bedtime alarm, not just a morning alarm.
- Late night planned? Use it as your flex day and get right back on schedule.

HABIT 2

2 Lift weights 3 times a week

I go Monday, Wednesday and Friday at lunch. Each workout is about 45 minutes. In and out.

New to the gym? Use the machines. It's the easiest way to start. Most of them show you what to do right on the machine.

The set rule (every exercise)

Weeks 1 to 12	SET 1 10 reps warm up	SET 2 10 reps heavy	
After week 12	SET 1 10 reps warm up	SET 2 10 reps heavy	SET 3 5 reps super heavy

Start light. Good form first, then add weight.

Rest about 1 minute between sets. Before the heavy set, take 2.

"Heavy" means the last couple of reps feel hard, but you can still do them with good form.

The split:

- **Monday:** chest and arms
- **Wednesday:** legs
- **Friday:** back and shoulders
- Every day ends with **hanging leg raises (or knee raises)**

Play it safe: start light and learn the form first. Ask the gym staff to show you how a machine works. And check with your doctor before starting a new exercise program.

MY ROUTINE

The workout, day by day

Every exercise: 10 warm up, 10 heavy. After week 12, add 5 super heavy.

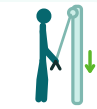
Monday chest and arms



Seated chest press
machine



Pec fly
machine



Triceps rope pushdown
cable



Overhead triceps extension
dumbbell



Standing biceps curl
dumbbells



Hammer curl
dumbbells



Hanging leg raises
(or knee raises)

Wednesday legs



Leg extension
machine



Leg press
machine



Seated leg curl
machine



Lying leg curl
machine



Standing calf raises
step or machine



Hanging leg raises
(or knee raises)

Friday back and shoulders



Wide-grip lat pulldown
machine



Seated cable row
cable



Bent-over one-arm row
dumbbell



Standing shoulder press
dumbbells



Front raises
dumbbells



Hanging leg raises
(or knee raises)

PRINT ME

My weekly checklist

Week of:

My bedtime / wake time:

Habit	M	T	W	T	F	S	S
1. SLEEP							
In bed on time	☐	☐	☐	☐	☐	☐	☐
Up on time	☐	☐	☐	☐	☐	☐	☐
2. LIFT (SET RULE ON PAGE 4)							
Chest and arms	☐	.	.	.	.	.	.
Legs	.	.	☐	.	.	.	.
Back and shoulders	.	.	.	.	☐	.	.
Hanging leg raises (or knee raises)	☐	.	☐	.	☐	.	.
3. HAPPY							
Did one thing I love	☐	☐	☐	☐	☐	☐	☐

Missed a workout day? Do it the next day. Aim for more checks than last week, not a perfect week.

This week, more of:

This week, less of:

HABIT 3

3 More of what makes you happy

This one sounds soft. It's not. It might be the most important of the three.

Focus on what makes you happy in life and have more of it. Eliminate what doesn't. And yes, that includes people.

What this looks like for me

Long walks. I can walk for hours around:

Manhattan | Downtown Brooklyn | Williamsburg

And dancing. Some weekends I dance until 2 AM. The next day I feel like I'm in my thirties.

More of

- People who lift you up
- Things you lose track of time doing
- Moving in ways you enjoy

Less of

- People who drain you
- Plans you only say yes to out of guilt
- Habits that leave you flat

TRY THIS WEEK

- Write down 3 things that make you happy.
- Put one of them on your calendar this week.
- Pick one thing that drains you and do a little less of it.

BONUS

What I add on top

The 3 habits are my foundation. On top of them, I take **StemActive**.

- **No stem cells inside.** It's not stem cell therapy. No clinic, no procedure, no going overseas.
- It's a supplement formulated to support the release of **your own stem cells** from bone marrow into the bloodstream. That's your body's natural renewal system.
- Plant ingredients like **sea buckthorn** and **aloe**.
- **To try it:** the label says 2 capsules daily. My tip: the first month, take 2 capsules twice a day, at least 4 hours apart. For example, pair each dose with breakfast and lunch. After that, 2 capsules once a day. Give it about 3 to 4 months. Like any supplement, the effect builds over time.

> Remember feeling like my thirties after dancing until 2 AM? StemActive plays a role in why I feel like that.

Get StemActive

stemhealth.co/go/stemactive

Individual results may vary.

This guide is not medical advice. Talk to your doctor before starting a new exercise routine or supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Alex Mikaloff is a HealthyHome Independent Distributor (rep 1ECA0), not a HealthyHome employee, and may earn a commission on purchases made through links in this guide.