FREE GUIDE

FLAT BELLY AFTER 40 QUICK START

5 pages · 3 simple fixes



by Tom & Linda

FROM THE 40+ RESET · 21-DAY PLAN

PAGE 1 · THE REAL REASON

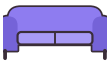
Why your belly grows after 40

You eat about the same as you did at 30. So why is your belly growing? You're not imagining it, and it's not a lack of willpower.

🔬 **SCIENCE SAYS**

It's mostly NOT your metabolism. A 2021 study of more than 6,400 people found that the body's energy use stays almost the same from about age 20 to 60, once body size is taken into account.

The 4 things that really changed



1 · YOU MOVE LESS

Desk, car, sofa, phone. Everyday movement (walking, standing, chores) can burn more than a 1-hour workout, and it quietly drops as we age.



2 · YOU LOSE MUSCLE

Adults lose roughly 3–8% of muscle every decade after 30. Muscle is your body's engine; a smaller engine burns less.



3 · YOU SLEEP LESS

In studies, short sleep led people to eat about 385 extra calories the next day. Tired bodies crave snacks.



4 · HORMONES SHIFT

Menopause in women and falling testosterone in men push new fat toward the belly.



TOM ASKS

"So it's not my metabolism... then I can actually fix this?"



LINDA SAYS

"Yes! All four respond to **small daily habits**. No extreme diet."

Sources: Pontzer et al., Science 2021 · Levine, NEAT research · Volpi et al., 2004 · Al Khatib et al., Eur J Clin Nutr 2017.

PAGE 2 · CHECK YOURSELF

Belly fat isn't just about looks

There are two kinds of belly fat. The soft fat you can pinch sits under the skin. The **deep fat** (doctors call it **visceral fat**) wraps around your organs, and that's the one linked to **type 2 diabetes, high blood pressure and heart disease**.

🔬 **MYTH BUSTER**

Crunches won't melt belly fat. In one study, 6 weeks of daily ab exercises made muscles stronger but did not reduce belly fat. Your body burns fat from everywhere, not from one spot.

The 2-minute string test

- [ ] Cut a piece of string **as long as your height**.
- [ ] **Fold it in half.**
- [ ] Breathe out normally, then wrap it around your waist, halfway between your lowest rib and the top of your hip bone.
- [ ] **Ends meet?** Great. **Doesn't fit?** Your waist is more than half your height, which is a sign of extra deep fat.



Waist ÷ height	What it means
0.40 – 0.49	Healthy range 👍
0.50 – 0.59	Increased health risk: time to act
0.60 or more	High risk: worth talking to your doctor

Write it down: today's date, your waist, and your height ÷ 2. Measure again in 3 weeks.

Sources: Vispute et al., J Strength Cond Res 2011 · NICE (UK) guidance, 2022: keep your waist to less than half your height.

3 simple fixes that actually work

No gym membership, no special food. Just three habits that hit the real causes.

1 Walk 10 minutes after meals



A short walk after eating helps your body handle blood sugar. In one study, 10-minute walks after each meal lowered post-meal blood sugar more than a single 30-minute walk. It also brings back the everyday movement you lost.

2 Strength exercise 2× a week



The World Health Organization recommends muscle-strengthening on 2 or more days a week. More muscle = a bigger engine. Start at home with these 3 moves:



Move	How many
Chair squat: sit down, stand up, no hands	2 × 10
Wall push-up: hands on the wall, chest to wall	2 × 10
Glute bridge: lie on your back, lift your hips	2 × 12

3 Sleep 7+ hours



Sleep experts recommend at least 7 hours for adults. Same wake-up time every day, screens off 30 minutes before bed, a cool dark room, and no coffee after 2 PM.

Sources: Reynolds et al., Diabetologia 2016 · WHO Guidelines on Physical Activity 2020 · AASM/SRS sleep recommendation 2015.

PAGE 4 · START TODAY

Your first 3 days

Small wins first. Tick each box when it's done. That little tick is your brain's reward.

☑ DAY 1 · FIND YOUR STARTING POINT

- [ ] Do the string test and write down your number.
- [ ] Walk 10 minutes after dinner.
- [ ] Go to bed 30 minutes earlier than usual.

☑ DAY 2 · MOVE A LITTLE MORE

- [ ] Walk after 2 meals today.
- [ ] Try the 3 strength moves once (it's OK if it's hard!).
- [ ] Swap one soda or juice for water or sparkling water.

☑ DAY 3 · LOCK IT IN

- [ ] Walk after every meal, even if it's just around the house.
- [ ] Add protein to breakfast (eggs, Greek yogurt, cottage cheese).
- [ ] Phone out of the bedroom tonight.



LINDA'S TIP

"Don't try to be perfect. **Showing up every day beats going hard once a week.** Missed a day? Just do the next one."

PAGE 5 · KEEP GOING

Ready for the full 21-day plan?

These 3 days are just the warm-up. **The 40+ Reset** takes you step by step for 21 days, with one simple page per day.



- The complete day-by-day **21-day plan**
- A **15-minute home strength routine** (3 levels, knee-friendly)
- **Flat belly eating**: plate method + 10 easy meals
- **Better sleep** and no more afternoon crash
- **Happy joints**, plus heart and blood sugar habits
- Grocery list, habit tracker and waist log

Get The 40+ Reset →

Link also in our bio · Instagram & Facebook: **@tomandlindahealth**



See you in the next reel! Tom & Linda

Important: This guide is general information, not medical advice. Talk to your doctor before starting a new exercise or eating plan, especially if you have a health condition, take medication, or are pregnant.