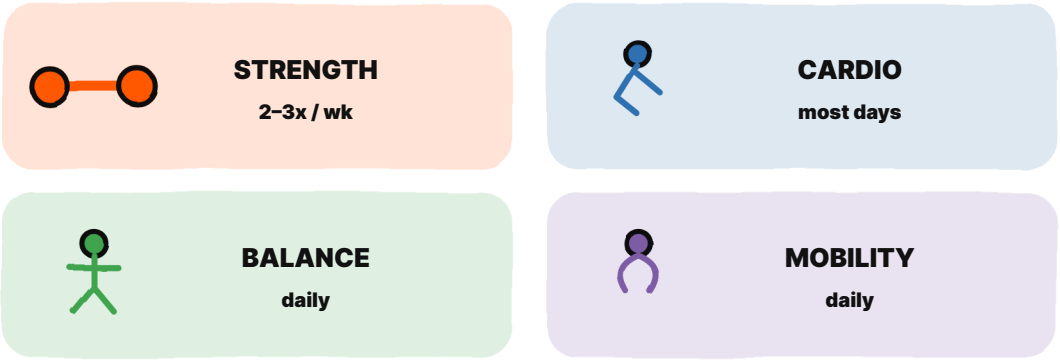
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A MAXADEMY MINI-GUIDE

Movement & Strength

Four kinds of movement keep you strong, steady, and independent after 50 — and you can start gently, right where you are.



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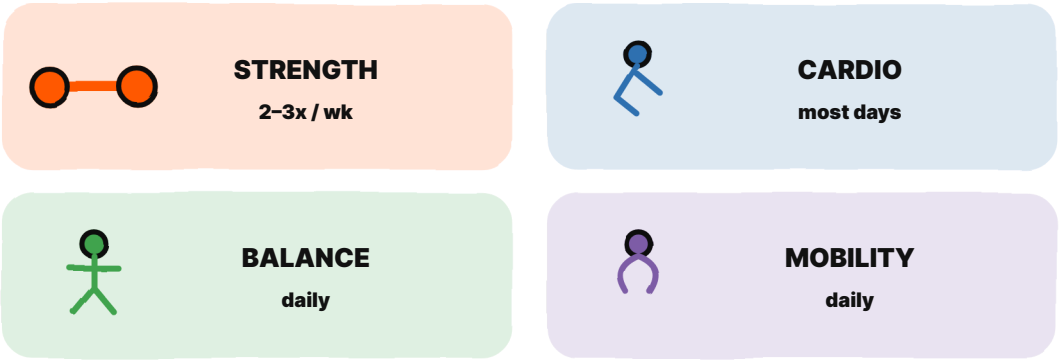
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CHAPTER 1 · THE BIG WHY

Why Movement Matters After 50

Movement after 50 is less about appearance and more about capability — staying strong enough, steady enough, and mobile enough to keep doing what you love, independently, for as long as possible.

Four kinds of movement cover the bases: **strength**, **cardio**, **balance**, and **mobility**. You do not need to do all four every day, and you do not need a gym. You need consistency more than intensity.



Four kinds of movement, each with a job.

Check with your doctor before starting a new exercise routine, especially if you have a health condition or have been inactive.

Strength

Strength training is the single most important type of movement for protecting muscle and bone after 50. Muscle is what lets you carry groceries, climb stairs, and get up easily from a chair.

- Aim for two to three short sessions a week.
- Work the major muscle groups — legs, hips, back, chest, arms.
- Bodyweight moves, resistance bands, or light weights all work.
- Begin light and add gradually.

> **TRY THIS**
>
> Practice standing up from a chair without using your hands, a few times in a row. It is a simple, powerful leg-strength exercise you can do anywhere.

CHAPTER 3 · FOR YOUR HEART

Cardio

Cardio keeps your heart and lungs healthy and supports energy, mood, and metabolic health. It does not have to be strenuous to count.

- Aim for movement most days at a pace where you can still talk.
- Walking is excellent and easy on the joints.
- Break it into shorter sessions if that fits your day better.

> **TRY THIS**
>
> Add a ten-minute walk after one meal a day. It supports your heart and helps steady blood sugar at the same time.

CHAPTER 4 · STAY ON YOUR FEET

Balance and Fall Prevention

Balance is easy to overlook until it matters. Practicing it regularly helps prevent falls — one of the most important things you can do to protect your independence after 50.

- Practice standing on one foot near a counter for support.
- Try slow heel-to-toe walking in a safe space.
- Move deliberately on stairs and uneven ground.

> Always practice balance work near something sturdy to hold. If you feel unsteady or have had falls, talk to your doctor.

CHAPTER 5 · STAY LIMBER

Mobility

Mobility is the gentle, daily stretching and movement that keeps joints comfortable and muscles supple, so everyday tasks stay easy.

- Spend a few minutes most days on gentle stretches.
- Move joints through their comfortable range — neck, shoulders, hips, ankles.
- Never force a stretch into pain.

> **TRY THIS**
>
> Do two minutes of easy stretching when you first get up. It is a kind way to greet a stiff morning body.

CHAPTER 6 · MAKE IT REAL

Your Weekly Plan

You do not need to fit everything into one day. Spread the four types across your week and attach them to things you already do.

- **Strength:** 2–3 short sessions a week.
- **Cardio:** a walk most days.
- **Balance & mobility:** a few minutes daily.
- Start small — even ten minutes counts, and consistency wins.

Plan your week on the next page, then track the days you move.

Worksheet: Movement Planner

Plan a realistic week. Then tick each day you move — consistency is the goal.

Day	Strength	Cardio (walk)	Balance/Mobility	Done ✔

My strength days will be:

My daily walk time:

One movement I'll attach to a daily habit:

Key Takeaways

1. Movement after 50 is about capability and independence, not appearance.
2. Cover four types: strength, cardio, balance, and mobility.
3. Strength is the priority — it protects muscle and bone.
4. Cardio can be gentle; walking most days counts.
5. Balance practice helps prevent falls and protects independence.
6. Start where you are, stay consistent, and check with your doctor first.

Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to build a movement plan that fits your body, your level, and your week.

Join Dr Max Live →

Important: This guide is provided by Maxademy for general health education only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified healthcare professional. Always talk with your doctor before changing your diet, activity, supplements, or medication — especially if you have a medical condition or take prescription drugs. Individual results vary, and no specific health outcome is promised or guaranteed. If you have chest pain, trouble breathing, or other urgent symptoms, seek emergency care immediately. © 2026 Maxademy. Resale or redistribution prohibited.