

THE 40S PROTOCOL: EVIDENCE-BASED HABITS THAT ADD YEARS TO YOUR LIFE

What the science actually says about extending healthspan — not just lifespan.

Adults who begin structured exercise in their 40s vs. 50s show 30–35% lower cardiovascular mortality

Cooper Center Longitudinal Study



Healthspan
years lived in full
functional independence



Lifespan
total years alive



Train Like Your Decade Demands



Resistance 3×/week – reduces all-cause mortality 10–17%
vectors of aging and exercise



Zone 2 cardio 150–180 min/week at 60–70% max HR



HIIT 1–2×/week – reverses age-related cellular decline



Daily 10–15 min mobility: hips, T-spine, shoulders



Balance training: single-leg stand <10 sec = 2× mortality risk



Resistance training 10–17%

High VO2 max 5× reduction

HIIT cellular improvement

Fuel the Machine: What to Eat, Take, and Monitor

Nutrition & Monitoring

- 🔗 Protein 1.6–2.2g/kg daily, 30–40g per meal (PROT-AGE)
- 🍃 Mediterranean framework: fatty fish 3×/week, EVOO, 30+ plant varieties
- 💧 Track: fasting glucose, HbA1c, fasting insulin, ApoB

Supplementation (physician-guided)

- D3 2,000–5,000 IU/day + K2 (MK-7) → target 40–60 ng/mL
- Magnesium glycinate 300–400mg/day
- Omega-3 EPA/DHA 2–3g/day
- Creatine monohydrate 3–5g/day
- Collagen peptides 10–15g/day



The Longevity Multiplier Most People Ignore

Social Connection

- Harvard Study of Adult Development (85+ years): relationship quality is the #1 predictor of healthy aging
- Social isolation increases mortality 26% — comparable to 15 cigarettes/day (Holt-Lunstad)
- Maintain 3-5 deep friendships; schedule recurring in-person activities
- Blue Zones: having an ikigai correlates with 7+ additional life years

Behavioral Habits

- 10-20 min daily meditation — measurable telomere preservation (Shamatha Project)
- Sleep 7-9 hrs, consistent schedule; deep sleep declines sharply after 40
- Alcohol: dose-dependent cancer risk (2023 WHO). Limit 1-3 drinks/week
- Screenings: colonoscopy at 45, annual bloods, DEXA baseline, cardiac calcium score



26% increased mortality from social isolation



Start This Week: Your Phased Action Plan

Phase 1 (Weeks 1–4)

Foundation

- Schedule comprehensive blood work
- Resistance 2×/week + Zone 2 cardio 2×/week
- Start D3+K2, magnesium; lock in sleep schedule

Phase 2 (Weeks 5–8)

Build

- Resistance → 3×/week; add 1 HIIT session
- Track protein (1.6g/kg min); daily 10-min mobility
- Schedule one recurring weekly social activity

Phase 3 (Weeks 9–12)

Optimize

- Review blood work; adjust supplementation
- Integrate daily breathwork/meditation; book screenings
- Evaluate: energy, recovery, subjective wellbeing



Your 40s are not a decline — they're a launchpad, if you build the right systems now.