REGYMEN FITNESS ASCENSION

FREE GUIDE



STRONG AFTER 40

Build Muscle. Lose Fat. Feel Like Yourself Again.

COACH L

LAIE WONG · OWNER & COACH

STRONG AFTER 40

The Ascension Parish Guide to Building Muscle, Losing Fat, and Feeling Like Yourself Again

By Coach L — Laie Wong Owner & Coach, Regymen Fitness
Ascension Gonzales, Louisiana

We don't guess. No hype. Just results.

Contents

Introduction: Forty Changes the Rules — It Doesn't End the Game

Chapter 1: What Actually Changes After 40

Chapter 2: Strength Is the Fountain of Youth

Chapter 3: How We Train at Regymen

Chapter 4: Protein — The One Number That Matters

Chapter 5: Recovery Is Training Too

Chapter 6: On the Shot? Read This Before the Weight Comes Off

Chapter 7: Your First 30 Days

Chapter 8: The Scan Doesn't Lie

Closing: Strong Is a Decision You Make Once — and Keep on Tuesdays

A note before you start: This book is free, and it's free on purpose. By the end of it you'll know exactly what I'd tell you if you walked into my gym and sat down across from me. If it helps you, there's a free workout, a free body scan, and a free consultation with me waiting at the end of every chapter — no pressure, no pitch. Just come see where you stand.

Book yours at **regymenfitnessascension.com** or call **(225) 744-6495**.

Introduction: Forty Changes the Rules — It Doesn't End the Game

Let me tell you who I was before I was anybody's coach.

I was the fat kid. That's not a line I use to sell anything — it's just the truth. I was the kid who got picked last, who hated taking his shirt off, who figured being heavy was just his lot in life. When I joined the U.S. Army, that changed. The Army taught me discipline, and discipline taught me something nobody had ever told me straight: my body wasn't broken. I had just never been shown how it worked.

After the Army, I got serious about training in Utah. I met my wife Emily there — she's the head coach at Regymen today, and she's still the toughest coach I know. I competed in natural bodybuilding. I won the Utah State open division as the only natural athlete on that stage. That same year I won the Mountain West Natural overall title and earned a natural pro card. I placed fourth overall in my first pro show in Florida.

Then I stepped away from trophies. Not because I stopped loving it — because I figured out the stage wasn't where I was needed. The average person was. The mom, the dad, the shift worker, the grandparent — the people who think the strong years are behind them. I've been a personal trainer for about sixteen years now. I opened my nutrition store here in Ascension Parish around 2010, and my family has owned Regymen Fitness Ascension for over eight years. Everything I have, I built from nothing, right here in Gonzales.

Here's why I'm telling you all that: because almost everybody who walks into my gym over the age of forty says some version of the same

sentence.

"Coach, I don't know what happened. I used to be able to eat anything. Now I look at a plate of food and gain weight. My knees hurt. I'm tired all the time. Is this just… getting old?"

And my answer is always the same: **No. This is not just getting old. This is what happens when the rules change and nobody tells you the new ones.**

Your body after forty does play by different rules than your body at twenty-five. That's real, and we'll go through exactly what changes in the first chapter — in plain language, no doctor-speak. But different rules doesn't mean a worse game. It means a smarter one. The people in my gym in their forties, fifties, and sixties who train the right way and eat the right way are stronger, leaner, and more capable than people twenty years younger who don't. I watch it happen every single week.

This book is the playbook I give them. In it, you'll learn:

- What actually changes in your body after forty — muscle, metabolism, joints, hormones — and what's in your control (most of it).
- Why strength training, not endless cardio, is the closest thing to a fountain of youth that actually exists.
- How we train at Regymen, and why every workout is coach-led and built to scale to your body, your joints, and your starting point.
- The one nutrition number that matters more than every diet you've ever tried — and how to hit it without giving up living in Louisiana.
- Why recovery is half the program after forty, and how to do it right.

- A straight, honest chapter for those of you on GLP-1 medications — how the weight comes off, and how to protect the muscle and bone you can't afford to lose while it does. Talk to your provider first, always — this book is education, not medical advice.
- What your first thirty days should actually look like, week by week, with no surprises.
- Why the scale is the least honest tool in your house, and what we measure instead.

One more thing before we start. I don't do hype, and I don't do guessing. Everything in this book is the same thing I tell my own members, and the same approach I use with my own body at my age. If you read it and think, *"This sounds like common sense,"* — good. It is. Common sense, applied consistently, with a coach watching your form and a scan that tells the truth. That's the whole secret. There isn't another one.

Let's get to work.

Chapter 1: What Actually Changes After 40

You didn't imagine it. Something did shift. Let's name the four big changes, in plain language, so you can stop blaming yourself for things that are biology — and start working on the parts that are absolutely in your control.

1. You start losing muscle — quietly

Starting somewhere in your late thirties and forties, your body begins losing muscle mass a little at a time. The scientific word is *sarcopenia*, but here's the plain version: **if you don't actively keep your muscle, your body slowly gives it away.** A little bit each year. You don't notice it at forty-two. You notice it at fifty-five when the groceries feel heavier, the stairs feel longer, and getting up off the floor isn't as automatic as it used to be.

Why does this matter so much? Because muscle is not just about looking fit. Muscle is your engine. It burns calories while you sit on the couch. It holds your joints together. It catches you when you trip. It keeps your blood sugar steadier. It is, in a very real sense, your independence — stored in your arms, legs, back, and core.

The good news, and I need you to hear this: **this process is not one-way.** At forty, fifty, sixty, and beyond, your body will still build muscle if you give it a reason to. The reason is resistance — weights, bands, bodyweight, load. And protein, which we'll cover in Chapter 4. Muscle loss happens by default. Muscle building happens on purpose. After forty, "on purpose" is the whole game.

2. Your metabolism "slows down" — but not the way you think

Here's a myth I get to kill every week: your metabolism doesn't fall off a cliff at forty. What actually happens is this — you lose muscle (see above), and muscle is the tissue that burns the most calories. Less muscle, fewer calories burned. At the same time, most of us move less at forty-five than we did at twenty-five. Jobs get more sedentary. Kids, commutes, and life eat the hours we used to spend being active.

So the "slow metabolism" is mostly **less muscle plus less movement** — and both of those are trainable. Build the muscle back and move with a plan, and the engine speeds back up. I've watched it happen too many times to count.

3. Your joints start sending you invoices

Knees that talk to you on the stairs. A shoulder that doesn't love overhead anymore. A back that files a complaint after yard work. After forty, the cartilage is thinner, the old injuries from your twenties send reminders, and the warm-up you used to skip is no longer optional.

Here's what most people get wrong: they decide sore joints mean exercise is over for them. Usually it's the opposite. **The right kind of strength training is the best thing you can do for cranky joints**, because stronger muscles around a joint protect it and take load off it. The key words are *the right kind* — proper form, the right movements for your body, loads you progress gradually, and a coach who watches and adjusts. That's exactly how we train, and it's Chapter 3.

What I won't do in this book is diagnose your knee or your back. If something hurts in a sharp, wrong, or persistent way, that's a conversation for your doctor or physical therapist first. Train smart

around it — don't ignore it.

4. Hormones shift — for everybody

Testosterone trends down gradually in men as the years pass. Women go through perimenopause and menopause, with estrogen changes that affect sleep, body composition, where fat gets stored, and bone density. None of that is a character flaw, and none of it means you're stuck. It means the margin for error gets smaller: sleep matters more, protein matters more, strength training matters more, and "I'll just wing it" stops working.

If you suspect something hormonal is going on — real fatigue, real changes you can't explain — that's a provider conversation, and bloodwork is part of how we coach at my store and gym. We don't guess. But understand this: **training and eating right work *with* your hormones, whatever they're doing.** The people who wait to "fix their hormones first" before they start moving are usually still waiting a year later. Start moving. Get your answers in parallel.

The bottom line of Chapter 1

After forty, your body runs on a *use it or lose it* system. Muscle, strength, bone, balance, energy — all of it responds to what you do, at every age I've ever coached. The rules changed. The game didn't end.

YOUR NEXT STEP

You don't have to figure out where you stand alone. Come take a **FREE workout** at Regymen Fitness Ascension, get a **FREE Fit3D scan** so you can see your real starting numbers, and sit down with me for a **FREE consultation** — I'll walk you through exactly what your body needs next. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Chapter 2: Strength Is the Fountain of Youth

If I could only give you one chapter of this book, it would be this one. Everything else is support. This is the main event.

The cardio trap

Most people over forty who decide to "get in shape" do the same thing: they walk. Or they get on an elliptical. Or they dust off a bike. And listen — I'm not against any of that. Walking is good for you. Movement is good for you. If walking is where you start, start there with my blessing.

But here's the problem: cardio alone does not give your body a reason to keep its muscle. And after forty, muscle is the whole ballgame — remember Chapter 1. A person can walk every day for a year, lose some weight, and end up *lighter but weaker*, with the same soft body composition, just smaller. Around here I call that "smaller, not stronger." The scale went down, but the engine got weaker, the joints got less protection, and the weight comes back the moment life gets busy — because the metabolism was never rebuilt.

Cardio burns calories while you're doing it. **Muscle burns calories while you're sleeping.** One of those is a fountain of youth. The other is a part-time job.

What strength training actually does for you after 40

Let me lay out what lifting — done right, at your level — buys you at this age:

- **It rebuilds the engine.** More muscle means more calories burned around the clock, which means fat loss gets easier and *staying* lean gets easier.
- **It protects your joints.** Strong muscles are the scaffolding your knees, hips, shoulders, and back hang on. This is how you stay out of the "my back is out again" cycle.
- **It builds bone.** Bone responds to load the same way muscle does — use it or lose it. Resistance training is one of the most practical things you can do for bone density as you age. (Especially important for the women reading this, and for anybody on a GLP-1 medication — more on that in Chapter 6.)
- **It steadies your blood sugar.** Muscle soaks up glucose. Strong people handle carbs better. Plain and simple.
- **It keeps you independent.** Carrying grandkids. Loading the truck. Getting off the floor without a plan. Working a full day in the Louisiana heat and still having something left. Strength is not a look. It's a life.
- **It changes how you look in a way cardio can't.** Muscle is what gives a body its shape. Two people can weigh the same and look completely different depending on how much of that weight is muscle. That's body composition, and it's why Chapter 8 exists.

"But I don't want to get bulky"

I hear this mostly from women, and sometimes from men who picture a bodybuilder. Let me settle it: you will not accidentally get bulky. Building the kind of muscle you see on a stage takes years of deliberate, extreme effort — I know, because I did it on purpose. What strength training gives a forty- or fifty-year-old beginner is something much better: arms that look firm instead of soft, a back that stands up straight,

legs that look like they can do things. People will say you look "toned." What they mean is you have muscle and less fat over it. That's all "toned" ever was.

"But isn't lifting dangerous at my age?"

What's dangerous at your age is being weak. Falls are dangerous. Frailty is dangerous. A back that goes out picking up a laundry basket is dangerous. Lifting with good form, appropriate loads, and a coach's eyes on you is one of the safest things you can do in a gym — and it's how you *stop* being fragile.

The formula is simple, and it's the one I've used for sixteen years: **progressive, coached, consistent.** Start where you are. Add a little at a time. Show up again. The people who win after forty aren't the ones who go hardest for two weeks. They're the ones still training in month six.

YOUR NEXT STEP

The fastest way to understand what strength training can do for *your* body is to feel one workout and see your real numbers. Take a **FREE workout** at Regymen Fitness Ascension, get your **FREE Fit3D scan**, and sit down with Coach L for a **FREE consultation** about what to build first. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Chapter 3: How We Train at Regymen

People walk into gyms all over Ascension Parish, wander around the machines for a few weeks, get bored or hurt, and quit. That is not a discipline problem. That's a *design* problem. Nobody should have to figure out their own program, guess at their own form, and motivate themselves alone at 5 p.m. after a full workday. At Regymen, the workout is built for you, coached the whole way through, and done alongside people your age who are working on the same things you are.

Here's how it works.

Three formats, one goal

BURN — Our metabolic conditioning sessions. Higher heart rate, more sweat, serious calorie burn, built around movements that keep the engine hot. BURN is where a lot of the fat loss happens.

BUILD — Our strength-focused sessions. This is where the muscle gets built: structured lifting, progressive loads, coached form on every set. BUILD is the fountain-of-youth chapter of this book, done in person.

HYROX — Training built around the hybrid fitness race format that's taken off worldwide: running intervals mixed with functional stations like sled work, rowing, and wall balls. Some of our members train for actual HYROX events; plenty just love the workouts. Either way, it's coached and scalable like everything else we do.

Most members mix formats across the week. You don't have to pick a favorite on day one — that's part of what your consultation is for.

Coach-led means coach-led

Every session at Regymen is run by a coach — my wife Emily is our head coach, and our coaching team is on the floor the entire time. That means:

- The workout is programmed for you. You show up; the plan is already on the board.
- Your form gets watched and corrected in real time, so you're training the muscle instead of stressing the joint.
- Every movement has a scale. Bad knee? We adjust the movement. Shoulder that doesn't go overhead? We work around it. Brand new and nervous? You start at your level, that day, no exceptions and no embarrassment. **Scaling isn't a lesser workout — it's the same workout, fitted to your body.** That's what professionals do.

Who this is actually for

Our floor is full of people in their forties, fifties, and sixties — shift workers from the plants, teachers, nurses, business owners, grandparents. People with replacements and repairs and old football injuries. People who hadn't touched a weight since high school, and people who walked in already fit and wanted to be pushed. If you're worried you'll be the oldest, the heaviest, or the most out of shape in the room — you won't be, and even if you were, nobody here is watching anybody but their own workout. That's the culture. Family-run gym, family atmosphere, serious work.

What a week looks like

For most adults over forty starting out, the sweet spot is **three sessions a week** — say Monday, Wednesday, Friday — mixing BURN and

BUILD, with HYROX sprinkled in as fitness grows. Three coached hours a week. That's the dose that changes bodies without beating them up. As you get stronger and recover better, some members go four or five days. We build that up on purpose, not by accident.

The one thing I ask of everybody: give it thirty days of real consistency before you judge it. Not thirty perfect days — thirty honest ones. Chapter 7 will show you exactly what those days look like.

YOUR NEXT STEP

Stop wondering if you'd fit in and come see the floor for yourself. Your first **workout is FREE** at Regymen Fitness Ascension — and we'll pair it with a **FREE Fit3D scan** and a **FREE consultation** with Coach L so you leave knowing exactly where you're starting from. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Chapter 4: Protein — The One Number That Matters

I've coached nutrition for sixteen years, and I can save you from about ninety percent of diet confusion with one sentence:

Hit your protein number, and most of the rest takes care of itself.

Not a cleanse. Not cutting out everything you love. Not a thirty-day punishment. Protein. Here's why, and here's how.

Why protein runs the show after 40

Remember the muscle you started losing in Chapter 1? Protein is the building material your body uses to keep it and rebuild it. After forty, your body actually gets *less efficient* at using protein — researchers call it anabolic resistance — which means you need **more** of it, not less, to get the same muscle-protecting effect you got at twenty-five.

Protein also:

- **Kills hunger better than anything else you can eat.** People who hit their protein number snack less, graze less, and stop thinking about food all day. Most "willpower problems" I see are really protein problems.
- **Protects you while you lose fat.** When you're in a calorie deficit, your body will happily burn muscle along with fat — unless protein is high and you're training. High protein + lifting = the weight that comes off is fat.
- **Keeps meals simple.** Every diet argument in America gets quieter once you build your plate around a protein source first.

Your number

Here's the target I start almost every adult over forty on:

0.7 to 1 gram of protein per pound of your *goal* body weight, per day.

Goal weight, not current weight — that's the mistake everybody makes. If you weigh 220 and your goal is 185, your protein target is roughly **130 to 185 grams a day**. Start at the lower end if that sounds like a lot. Something is better than nothing, and we can build it up. When you sit down with me for a consultation, I set this number exactly for your body and your scan — we don't guess.

What does 150 grams of protein look like in a real day? A couple of eggs and Greek yogurt at breakfast gets you started. A palm-and-a-half of chicken, beef, fish, or pork at lunch and supper. A protein shake somewhere in the day covers a big chunk without a big meal. It's food, not a science project.

Build the plate, Louisiana style

I live here. I'm not going to tell you to give up the food that makes life in Ascension Parish worth living — the crawfish boils, the gumbo, Sunday dinner at mama's house. Here's the framework my members actually use, because it works at a boil and at a restaurant and at home:

1. **Protein first.** At every meal, decide the protein before anything else — chicken, beef, pork, eggs, seafood, Greek yogurt, cottage cheese. Build the plate around it.
2. **Plants with it.** Vegetables and salads fill the rest of the plate and keep you full and regular.

3. **Starches and treats get a portion, not a ban.** Rice, potatoes, bread — yes, in a portion that fits your day. A bowl of gumbo at a family function is not what made anybody gain weight. The *daily pattern* is what counts.
4. **Drink your calories rarely.** Sweet tea and sodas are the silent budget-busters in Louisiana. Water most of the time; save the sweet stuff for occasions.

That's it. No food is forbidden. The protein anchor and the portions do the work.

The shake is a tool, not a crutch

A lot of people over forty tell me, "Coach, I just can't eat that much protein." Fair — appetites shrink, schedules are real, and some of you (Chapter 6 people, especially) genuinely struggle to eat enough. That's exactly what a protein shake is for. Twenty-five to thirty grams in a glass, easy on the stomach, done in two minutes. I keep a full shelf of options at my store, and part of your free consultation is me matching the right one to your stomach, your taste, and your budget — because the best protein powder is the one you'll actually drink.

And a word on the rest of the supplement shelf: supplements *support* a program; they are never the program. Training, protein, sleep — that's the house. Supplements are the paint. When you come in, I'll tell you honestly what you need and what you don't, because my name is on that advice and I live in this parish too.

YOUR NEXT STEP

Wondering what your protein number should be, and whether you're anywhere close to it now? That's exactly what the **FREE consultation** is for. Pair it with a **FREE workout** and a **FREE Fit3D scan** at Regymen Fitness Ascension, and you'll leave with your number and a plan. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Chapter 5: Recovery Is Training Too

At twenty-five, you could train hard, sleep four hours, eat gas station food, and do it again tomorrow. At forty-five, that math stops working — and this is the chapter where a lot of people over forty quietly fail, because nobody ever told them **recovery is not the break from training. Recovery is where the training actually pays off.**

You don't get stronger in the workout. The workout is the stimulus — small stress, small damage, a signal. The strength gets built afterward, while you sleep and rest and eat, when your body repairs itself a little better than it was. Cut the repair short and you're just accumulating stress. That's why people who train seven days a week at fifty often look *worse* than people who train three days and recover like it's their job.

Sleep: the legal performance enhancer

If I could sell sleep in a bottle I'd retire. After forty, sleep is when growth hormone does its repair work, when your appetite hormones reset (bad sleep makes you measurably hungrier the next day — that's not weakness, that's chemistry), and when your joints and nervous system come back online.

Real talk on getting better sleep, from a guy who gets up before 4 a.m.:

- **Same wake time, most days.** Your body loves rhythm more than it loves a perfect bedtime.
- **Dark, cool room.** Louisiana summer fights you on this one. Blackout curtains and a fan are cheap upgrades.

- **Screens off before bed** — or at least dimmed and done. Scrolling in bed is stealing tomorrow's workout.
- **Caffeine has a curfew.** For most people, nothing caffeinated after about 2 p.m. if sleep is a struggle.
- **Seven hours is the target** for most adults. If you're at five, getting to six is a win worth chasing before anything else.

If you snore like a freight train, wake up unrefreshed no matter what, or fall asleep at red lights — that's not a coaching problem, that's a doctor conversation. Get checked. Sleep apnea is common, it's serious, and it's treatable.

Soreness: what's normal and what's not

New training makes you sore. That deep ache a day or two after a workout — especially in the first two weeks — is normal and it fades as your body adapts. Sharp pain, joint pain that changes how you move, pain that gets worse instead of better: not normal. Tell your coach. That's what we're there for, and adjusting a movement is always an option. Pushing through the wrong pain is how small problems become long layoffs.

As for the days between sessions: walk. Stretch a little. Move around the yard. Light movement on off days actually speeds recovery up — blood flow is the delivery truck for repair. Total couch days are for illness and true rest days, and even our hardest trainers take those on purpose.

The recovery stack, in order

1. **Sleep** — the foundation, costs nothing.
2. **Protein** — the building material (Chapter 4).

3. **Rest days** — scheduled, not accidental. Three or four hard days beat seven sloppy ones.
4. **Water** — in this heat, most people are behind before they start. If you're training in a Louisiana summer, electrolytes matter too, especially on long or sweaty days.
5. **Support supplements where they fit** — things like magnesium or creatine have real roles for some people; this is education, not a prescription, and it's a conversation we'll have in person based on *your* body, *your* medications, and *your* bloodwork — and you should loop your provider in on anything new.

Recovery is the difference between "I tried working out and it wrecked me" and "I've trained three days a week for a year and I feel forty going on thirty." Same person. Different second half of the program.

YOUR NEXT STEP

If you've tried training before and it beat you up, don't write yourself off — write off the program that had no recovery in it. Come take a **FREE workout** at Regymen Fitness Ascension, get a **FREE Fit3D scan**, and a **FREE consultation** with Coach L — we'll build your training *and* your recovery around your body and your life. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Chapter 6: On the Shot? Read This Before the Weight Comes Off

This might be the most important chapter in this book for the moment we're living in, because a huge share of the adults I coach — men and women over thirty-five — are on a GLP-1 medication now, or on retatrutide, or thinking hard about it. Ozempic, Wegovy, Mounjaro, the foundayo pill, compounded versions — the names change, the situation is the same.

So let me say the first thing first, and clearly: **this chapter is education, not medical advice. These medications are between you and your provider. Start there, keep them in the loop, and never adjust a dose or a drug based on anything a coach — including me — says in a book.** What I *can* do is coach the part that's my job: what happens to your muscle, your bone, and your strength while the medication does its work, and how to protect them. I work with people on these medications every week. This is the conversation I have in my store and my gym, in print.

What the medication does well

These medicines quiet appetite in a way most people have never experienced. Food noise fades. Portions shrink. For a lot of people, the weight starts coming off steadily for the first time in their adult lives. That's real, and for many of my clients it's been life-changing.

The catch nobody warns you about

Here's the catch, and it's the reason this chapter exists: **when you eat far less, your body doesn't just burn fat. It burns muscle too — and**

it can pull from bone. Studies on these medications consistently show that a meaningful share of the weight lost can be lean mass — muscle — especially in people who aren't strength training and aren't eating enough protein. At twenty-five, losing muscle is a setback. At fifty, it's a loan you may never fully repay. Muscle lost in your fifties is the falls, the frailty, and the "old before your time" of your seventies.

I've seen the pattern up close: somebody loses forty pounds on the shot, feels great in their clothes, then comes to me exhausted, weaker than before, hair shedding, getting hurt doing normal things — because forty pounds came off and fifteen of it was the engine. The medication did its job. Nobody protected the muscle while it worked.

The fix is not complicated, and it's the whole middle of this book aimed at one target:

1. **Strength train while you lose.** Two to three coached sessions a week is the signal that tells your body, *"Keep the muscle. Burn the fat."*
2. **Hit your protein number** (Chapter 4) — 0.7 to 1 gram per pound of goal body weight. This is non-negotiable on these medications, because appetite won't remind you.
3. **Get scanned, not just weighed.** A bathroom scale can't tell fat loss from muscle loss. A Fit3D scan can — and catching muscle loss early is the difference between adjusting the plan and discovering it a year later. (Chapter 8.)

"Coach, I can't eat."

The most common problem I hear from people on the shot isn't cheating on the diet. It's the opposite — **they can't eat enough.** Food sounds bad. Three bites and they're done. Then the protein number becomes

impossible and the muscle pays for it.

Here's the principle I teach every one of my GLP-1 clients, and I want you to write it on your fridge:

If you can't eat your macros, drink your macros.

When solid food won't go down, liquids will:

- **A protein shake is a must, every day.** Twenty-five to thirty grams of protein in a glass — this is your insurance policy. On days when eating is a fight, two shakes can carry most of your number. I mix collagen into the shake for a lot of my clients too.
- **Morning bottle:** a scoop of electrolytes — and a partial scoop of protein — in a big bottle of water, 32 ounces or more, sipped through the morning. You've started the day with protein and hydration before appetite gets a vote. A greens scoop in that same bottle covers the vegetables you're probably not eating.
- **Repeat the pattern after lunch** if the day's food has been thin.
- **Creatine** (5 to 10 grams a day) is one of the most studied, most ordinary supplements in the world for supporting muscle while you train — ask your provider, but understand what it's for.
- **Constipation is common** on these medications — if you're not going, that's a real issue to raise with your provider, and there are gentle, ordinary supports we can talk about in person.
- **Energy and sleep** can suffer. There are support options for both — energy support, and magnesium glycinate at night is a common one for sleep — again, conversations for the store counter and your provider, not orders from a book.

None of this replaces your medication or your doctor. All of it exists for one reason: so that when the weight comes off, what's left is a **stronger** you — not just a smaller one.

The real goal

Let me say what success actually looks like, because the scale will lie to you about this: success is losing the fat, keeping the muscle, keeping the bone, and coming off the heavy deficit with a body that can *do things* — train, work, play with grandkids, live. The people who scare me are the ones who treat the shot as the whole plan. The people who thrive treat it as **one tool, next to training, protein, and measurement.** That's the team approach we run: your provider handles the medicine, and we handle the muscle.

YOUR NEXT STEP

If you're on a GLP-1 medication — or starting one — the single smartest first move is knowing how much muscle you have *before* more weight comes off. Come in for a **FREE Fit3D scan**, take a **FREE workout** at Regymen Fitness Ascension, and sit down with Coach L for a **FREE consultation** on protecting your muscle while you lose. Book at **regymenfitnessascension.com** or call **(225) 744-6495**. And loop your provider in — always.

Chapter 7: Your First 30 Days

Enough theory. Here's what your first month actually looks like if you start with us — week by week, honestly, including the parts that are uncomfortable. No surprises is the whole point.

Before Day 1: The scan and the sit-down

Your first visit isn't a workout. It's the **Fit3D scan** and your consultation with me. The scan takes a few minutes and gives us your real numbers — body fat, lean muscle, measurements, posture — and we talk through your history, your joints, your medications, your schedule, and your goal. We set your protein number. We pick your training days. *We don't guess* — that's not a slogan, it's the order of operations. Then you start.

Week 1: Learn and wake up

Two to three sessions, all coached, everything scaled to you. Expect to learn the basic movements — squat pattern, hinge, press, row, carry — and expect to be sore in places you'd forgotten existed. That's normal (Chapter 5). You'll probably also notice you're sleeping a little better by the end of the week. Most people do. Your only jobs this week: show up, hit a reasonable protein target most days, drink water. That's it.

Week 2: The rhythm starts

Soreness fades faster now. Loads go up a little. You'll start recognizing people in class, and they'll start recognizing you — that matters more than you think. Appetite often gets *steadier*: protein at meals does its quiet work. A lot of people tell me week two is when their energy stops crashing at 3 p.m. Your jobs: same as week one, plus one honest look at your sleep.

Week 3: Proof shows up

This is the week the first undeniable signs land. A weight at the gym that felt heavy in week one moves easy. Your work pants fit a little different. You carried something heavy at the house and noticed it *afterward*. Energy, mood, and confidence start running ahead of the mirror — that's normal, and it's why we measure instead of eyeballing. Your jobs: consistency. This is the week the novelty wears off and the habit gets built. The people who win are the ones who show up in week three.

Week 4: Measure and aim

End of the month, we scan again. Not the scale — the **Fit3D**, so we can see what actually changed: fat down how much, muscle holding or up how much, inches where. Then we sit down again and aim the next thirty days on purpose. Some people see dramatic change in month one; some see the needle just start moving — bodies and starting points differ, and anybody who promises you a specific number of pounds in thirty days is selling you something. What I can promise: if you trained three days a week and hit your protein most days, the scan will show real change, and you'll *feel* it before you see it.

What if you miss days?

You will. A kid gets sick, a shutdown at the plant runs long, life happens. A missed day is a missed day — come to the next one. The only way to actually fail the first thirty days is to quit, and the only people I've seen quit are the ones who decided one bad week meant it "wasn't working." It was working. Bodies change on the scale of months, and the first month is you laying the foundation — the workouts, the protein, the rhythm — that every later result stands on.

YOUR NEXT STEP

Your first thirty days start with three free things: a **FREE workout** at Regymen Fitness Ascension, a **FREE Fit3D scan** to set your baseline, and a **FREE consultation** with Coach L to lay out your month. Book at **regymenfitnessascension.com** or call **(225) 744-6495**. Thirty days from now you'll wish you had started today.

Chapter 8: The Scan Doesn't Lie

Let me tell you about the most dishonest tool in your house. It's in your bathroom, it has one job, and it does it badly: your scale.

Why the scale fails you after 40

Scale weight is one number made of everything — fat, muscle, bone, water, the gumbo from Sunday, whether you've been to the bathroom. After forty, when the entire project is *"lose fat, keep muscle,"* the scale literally cannot tell you the only thing you need to know.

Watch how this plays out in real life. Two people start training the same month:

- Person A loses six pounds of fat and gains two pounds of muscle. The scale says "down four." She did *great* — and feels cheated.
- Person B barely trains, eats too little, and loses eight pounds — three of it muscle. The scale says "down eight." He celebrates — while getting weaker, softer, and setting himself up to regain it all.

The scale called B the winner. The scale is a liar. Or rather, the scale is a *simpleton* — it answers a question nobody should be asking.

What we measure instead: Fit3D

At Regymen, we use a **Fit3D scan** — a quick, private, non-invasive body scan that measures what actually matters:

- **Body fat percentage** and total fat mass
- **Lean muscle mass** — the engine from Chapter 1, in black and white

- **Measurements** across your body — waist, hips, arms, legs — the inches that change how clothes fit
- **Posture and balance** indicators you can't get from a mirror

You stand on the scanner, it rotates, and in a few minutes we have a real report. No pinching, no guessing, no holding your breath in a water tank. And here's the part that matters most: **we scan again over time**, so your progress is a trend line of fat and muscle — not a mood based on this morning's number. When a member's fat is dropping and muscle is holding, we know the plan is working even if the scale is being stubborn. When muscle starts slipping — on a GLP-1, during a stressful month, whatever — we catch it in weeks and fix the plan, instead of finding out at Christmas.

Your numbers are your numbers

One more piece of honesty, because it matters to me: your scan is *yours*. It's not compared to the person next to you, it's not posted anywhere, and it's not a grade. It's a starting line and a compass. A fifty-year-old who drops her body fat three points and adds muscle while her blood pressure improves is *winning*, full stop, whatever the chart says about anybody else. We don't guess, and we don't compare. We measure *you*, and we move *your* numbers.

Every program we run — the free start, the training, the nutrition coaching — is built around this loop: **scan, plan, train, re-scan, adjust.** It's the same loop I use with my highest-level coaching clients. It's the opposite of the way most people diet, which is: *hope, weigh, panic, quit.* Measurement turns fitness from a feelings game into a facts game. And after forty, facts are your best friend — because facts tell you the training is working on the weeks your feelings say it isn't.

YOUR NEXT STEP

Your first **Fit3D scan is FREE** — and it comes with a **FREE workout** at Regymen Fitness Ascension and a **FREE consultation** with Coach L to read the numbers with you and build your plan from them. No guessing from day one. Book at **regymenfitnessascension.com** or call **(225) 744-6495**.

Closing: Strong Is a Decision You Make Once — and Keep on Tuesdays

Let me bring this home.

You now know everything I know about getting strong after forty:

- Muscle is the engine, and after forty you keep it on purpose or you lose it by default.
- Strength training — coached, progressive, consistent — is the fountain of youth that actually exists.
- Protein is the one number that matters most, and your number is 0.7 to 1 gram per pound of goal body weight.
- Recovery isn't the break from the program. It *is* half the program.
- If you're on a GLP-1, the medication handles appetite — you and your team handle the muscle. Drink your macros when you can't eat them, and scan so you know the truth.
- The scale lies; the scan doesn't. Measure fat and muscle, not feelings.
- Thirty honest days will change how you feel. Ninety will change how you look. A year will change your life — I've watched it too many times to soften that.

None of that requires you to be young, athletic, or "a gym person." It requires a decision, a plan built on real numbers, and people in your corner. That's literally what Regymen Fitness Ascension is: a family-run gym in Gonzales full of people your age doing exactly this,

coached by my family and our team, measured honestly, fed properly.

So here's your free package, one more time, with no strings on it:

- A **FREE workout** at Regymen Fitness Ascension — come feel a coached session.
- A **FREE Fit3D scan** — know your real starting numbers.
- A **FREE consultation with Coach L** — sit down with me, and we'll map your first thirty days from your scan, your joints, your medications, and your life.

Claim it at **regymenfitnessascension.com** or call **(225) 744-6495**. That's the whole ask. If you come in, train, scan, and decide it's not for you, the book was still free and the numbers are still yours.

And when you're ready to go all in — when the first workouts convince you this is your place — that's when we talk about the **30-Day Reset**: thirty days of unlimited training and a personalized nutrition program built by me from your scan and your bloodwork, with scans to prove the change. Some folks add my full coaching and their starting supplements on top of that. We'll talk about it in person, when you're ready, at your pace. No pressure in a book. That's not how I do business, and it's not how I'd want to be treated.

I was the fat kid who figured out that bodies change when you give them a reason and a plan. Forty didn't end anything for the people I coach — it *focused* them. It can do the same for you.

Come see us. First one's on me.

— Coach L Laie Wong Regymen Fitness Ascension · Gonzales, Louisiana regymenfitnessascension.com · (225) 744-6495

We don't guess. No hype. Just results.

Strong After 40 is an educational publication of Regymen Fitness Ascension. It is not medical advice and does not diagnose, treat, or prescribe for any condition. Consult your healthcare provider before beginning an exercise or nutrition program or changing any supplement routine, and keep your provider informed about your medications, including GLP-1 therapies.