ELITE BODY DATA™

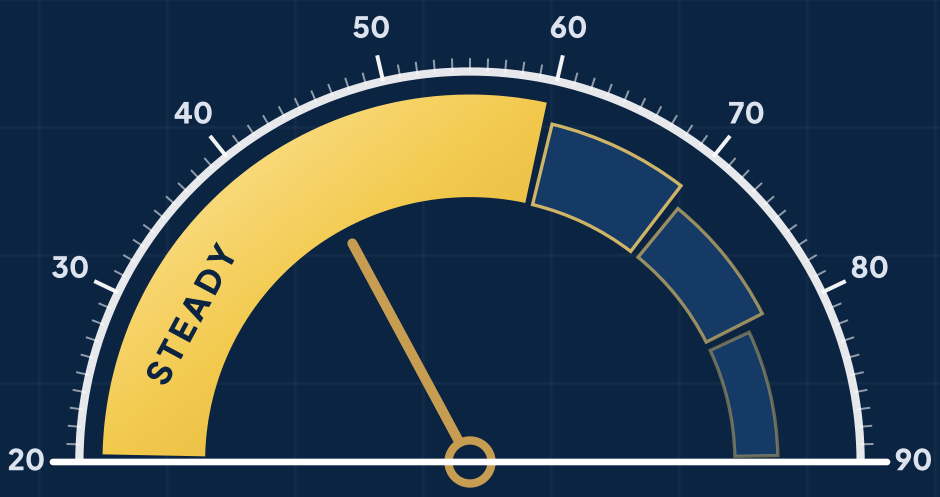
FREE GUIDE

FIVE MYTHS, FIVE STUDIES

The Metabolism Myth-Buster.

Five things you've been told about your metabolism, and what the studies found.

BURN BODY LIFE



AGE 20 TO 60: ENERGY USE HELD STEADY

The five myth cards
pages 5 to 6

Four actions, Plan A, B, C
page 8

A 14-day tracker to print
page 11

The studies, checked
page 13

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02 START HERE

Your metabolism probably isn't the problem.

For most adults, metabolism holds steady from about 20 to 60 once you account for body size and muscle. What can change is your muscle, your steps, your sleep and your stress, and you can work on those today.

AT A GLANCE

WHO	You're 35 to 60 and you've started blaming your metabolism.
WHAT	Five myths, the study behind each, one thing to do instead, Plan A, B and C for each action, and a 14–day tracker.
WHY	If you blame the wrong lever, you work hard on something that won't move.
HOW	Read the five cards in three minutes, then pick one action from page 8 and start it today.

YOUR FIRST 10 MINUTES, TODAY

1. Read the five myth cards, front and back. **3 min · pages 5 to 6**
2. Tick the myth you've believed the longest. **1 min · page 6**
3. Pick one action, and decide what your Plan C is. **3 min · page 8**
4. Print the tracker and fill in today's column tonight. **3 min · page 11**

INSIDE

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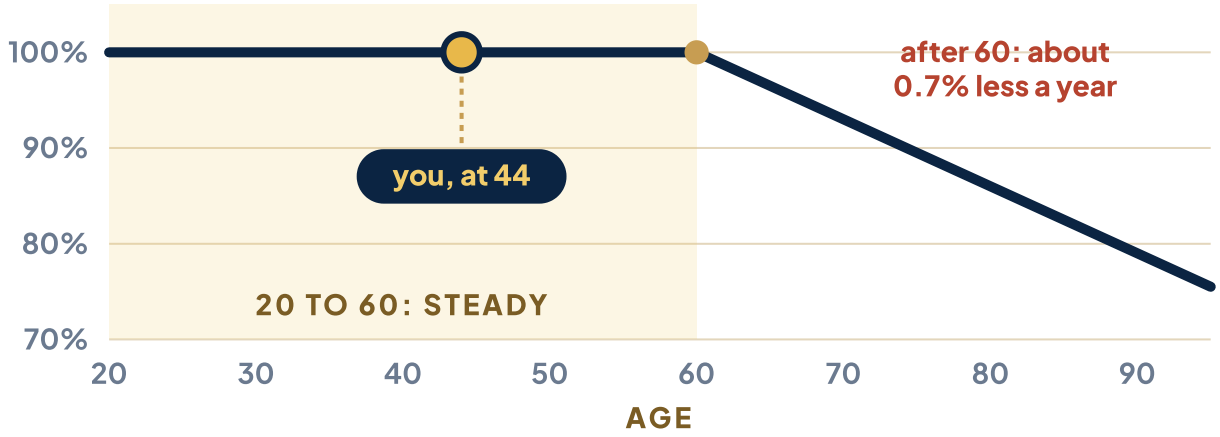
It isn't 40. It's what changed around 40.

You're 44. You eat roughly what you ate at 34, you move less than you did at 34, and the waistband has gone up an inch a year. Everyone around you says the same thing: it's your metabolism, it slows down after 40. That's the first myth.

WHAT 6,421 PEOPLE SHOWED

Researchers pooled measurements from people aged 8 days to 95 years, in 29 countries, using a lab method that tracks the energy a person uses in everyday life. Adjusted for body size and muscle, daily energy use held steady from about 20 to 60, then fell about 0.7% a year.[1]



Schematic drawn from the rates the study reports, not its data points. 100% is the average adult level.

So if the engine held steady, what moved? Look at four things that can change at any age. None of them is your birthday.

Less muscle
That's less tissue using energy and taking up sugar after meals.

Fewer steps
More meetings, more driving, fewer days on your feet.

Shorter sleep
Short sleep changes how much you eat and what you lose.

More stress
It lands on the other three: the skipped session, the missed walk, the late night.

You can change all four. Page 8 shows how, one action at a time.

You've heard all of these. Some of them in your own voice.

Each one has a grain of truth in it. Here's the part that's still yours to change.

"It's my age."

For most adults, not before 60. In a study of 6,421 people, energy use held steady from 20 to 60 once size and muscle were counted. card 1

"I'm too old to start lifting."

The CDC asks all adults for two strength days a week. Plan C on page 8 starts with a chair, a desk and a band. page 8

"I barely eat and I still gain."

Write down three ordinary days, a weekend day included, before you cut anything else. Then compare what you wrote with a measured number, not a formula.

"I tried breakfast, fasting and keto. None of it worked."

Meal timing didn't change resting metabolism in the breakfast trial. Pick the eating pattern you can keep, and put the effort into protein and strength. card 2

"I don't have time to work out."

Plan B is two 15–minute strength sessions a week. Plan C is one set of three moves in your living room. Both count. page 8

"Lifting is for people who want to look big."

Muscle takes up most of the sugar from your meals. Keeping it after 40 is about your blood sugar, not only your shape. card 5

"Sleep is the first thing to go in a busy week."

In one tightly controlled study, it changed how much of the weight lost was fat. Hold one wake time and build from there. card 3

"It's genetic. Look at my parents."

Genes matter, and you can't choose them. You can still choose the four actions on page 8, and you can watch on the tracker whether they move your numbers.

Five myths. Flip each card.

Navy: what you've been told. Gold: what a study measured, and what to do instead.

MYTH 1

"My metabolism crashed at 40."

BURN BODY

WHAT THE STUDY FOUND

Measurements from 6,421 people aged 8 days to 95 years, in 29 countries. Once body size and muscle were accounted for, daily energy use held steady from about 20 to 60, then fell about 0.7% a year.[1]

Pontzer et al., *Science*, 2021 · 6,421 people

DO THIS INSTEAD Two strength sessions a week, to keep the muscle you have. page 8

MYTH 2

"Breakfast kick-starts your metabolism."

BURN FUEL

WHAT THE STUDY FOUND

33 lean adults ate breakfast or fasted until noon for six weeks. Resting metabolism stayed within 11 calories a day, and body fat ended up the same.[2] In a second trial of 309 adults, advice to eat or skip breakfast for 16 weeks made no difference to weight loss.[3]

Betts et al., 2014 · trial, 33 adults · Dhurandhar et al., 2014 · trial, 309 adults

DO THIS INSTEAD Eat breakfast if it stops your 4 p.m. grazing. It isn't a switch.

MYTH 3

"Sleep has nothing to do with weight."

LIFE BODY

WHAT THE STUDY FOUND

In a sleep lab, ten adults with overweight ate the same calorie-cut diet for two weeks with 8.5 hours in bed and two weeks with 5.5. On short sleep, the share of weight lost as fat fell by 55%, and they lost 60% more lean mass.[4] In a trial of 80 adults with overweight who usually slept under 6.5 hours, about 1.2 more hours of sleep a night came with about 270 fewer calories eaten a day.[5]

Nedeltcheva et al., 2010 · 10 adults · Tasali et al., 2022 · trial, 80 adults

DO THIS INSTEAD One wake time, seven days a week. page 8

MYTH 4

"Dieting hard has no lasting cost."

BURN BODY

WHAT THE STUDY FOUND

Fourteen contestants from a televised weight-loss competition, who lost about 58 kg (128 lb) on average in 30 weeks, were measured again six years later. Their resting metabolism ran about 500 calories a day below what their body composition and age predicted.[6] That was an extreme case, and it's the reason my plans protect muscle and plan for maintenance from the first week.

Fothergill et al., *Obesity*, 2016 · 14 people, 6-year follow-up

DO THIS INSTEAD While you lose, protect muscle with protein and lifting,[7] and plan your maintenance before you reach your goal.

MYTH 5

"Muscle is only for looks."

BODY BLOOD

WHAT THE STUDY FOUND

Skeletal muscle is the largest organ in your body by weight, and it takes up about 80% of the sugar that leaves your blood after a meal.[8] So the muscle you keep after 40 matters for your blood sugar, not only for how you look.

Merz and Thurmond, *Comprehensive Physiology*, 2020 · review

DO THIS INSTEAD A 10-minute walk after your biggest meal, plus the two strength sessions. page 8

HOW MUCH WEIGHT TO GIVE EACH STUDY

Card 1 pools thousands of people, so it's the strongest. Card 3's sleep study had ten people, tightly controlled, and the 80-person trial beside it agrees. Card 4 is fourteen people from an extreme competition: a warning about extremes, not a forecast for you.

WHICH MYTH HAVE YOU BELIEVED?

- ☐ **1 · My metabolism crashed at 40.**
- ☐ **2 · Breakfast kick-starts it.**
- ☐ **3 · Sleep has nothing to do with it.**
- ☐ **4 · Dieting hard has no lasting cost.**
- ☐ **5 · Muscle is only for looks.**
- ☐ **None. I just want the plan.**

Start with the "do this instead" line on the one you've believed the longest.

The questions that come up next.

What's the difference between my resting metabolic rate and my metabolism?

Your resting metabolic rate is the energy your body uses lying still. Your total for the day adds everything on top of that: walking, training, fidgeting and digesting food. Most myths are about the resting number. Most of the actions in this guide work on the rest of the day and on the muscle you keep.

Why does my friend eat more and stay lean?

Mostly size and muscle. In the Science study, body size, mainly fat-free mass, which includes muscle, explained 83% of the differences in daily energy use between people.[1] A bigger, more muscular body uses more energy all day. So does one that moves more.

Can't I just use an online calculator?

It's a fair place to start. A systematic review for the American Dietetic Association found the Mifflin-St Jeor formula was the most reliable, landing within 10% of the measured number for more people than any other, and it still showed real errors for individuals. Older adults and US ethnic minorities were underrepresented in the studies behind the formulas. A careful measurement of your own rate removes that guesswork.[9]

Could it be my thyroid?

It can be, and that's a blood test, not a guess. If something feels off, ask your doctor whether a thyroid test (TSH) belongs on your next panel. The free Know Your Numbers guide walks you through the conversation.

I'm in perimenopause. Doesn't that change everything?

A lot changes in those years, and your doctor should hear about it. The Science study was 64% women, and in adults 20 to 60, sex made no difference to energy use once size and body composition were counted.[1] It didn't report on menopause, so this guide makes no claim about it either way. The four actions on page 8 still apply.

So do I need to eat less as I get older?

Not because of the birthday. Your needs follow your size, your muscle and how much you move. Lose muscle or steps and your needs drop with them. Keep them, and up to about 60 your needs tend to hold.

Four actions. A plan for every kind of week.

Plan A is a normal week. Plan B is a busy one. Plan C is the worst day you'll have this month, and it still counts. Start with one action today. Add the next one when the first feels automatic.

	PLAN A · NORMAL WEEK	PLAN B · BUSY WEEK	PLAN C · WORST DAY
Two strength sessions CDC: muscle work on 2 or more days a week [10]	Two 30–minute full-body sessions on your calendar: squat, push, pull, hip hinge, carry. 2 to 3 sets of 8 to 15, stopping with 1 to 3 reps left.	Two 15–minute sessions: squat, push-up, row. 2 sets each.	One set each of chair squats, desk push-ups and band rows, in the living room.
Protein at every meal An even spread: 25% more muscle protein made in a day, in 8 adults [11]	About 30 grams at breakfast, lunch and dinner, the amount used in the study. Check the label.	Protein at two meals, plus a protein snack: Greek yogurt, jerky or a shake.	Add one protein to breakfast you don't have to cook: eggs, yogurt or a ready-to-drink shake.
One wake time Short sleep cut the fat share of weight lost by 55% [4]	The same wake time all seven days. Count back 7.5 hours from it to set your bedtime.	Wake time held on workdays, and within an hour on the weekend.	After a late night, still get up at your time. Don't sleep it off.
Walk after your biggest meal Short, light walking breaks lowered after-meal sugar in 7 one-day trials [12]	10 minutes after your biggest meal, every day.	10 minutes after dinner on four days of the week.	2 to 3 minutes: the stairs, a lap of the office, or pace through a phone call.

PICK YOUR FIRST ONE NOW

My first action: _____ **I start on:** _____

Not sure which? Pick the one you can start before bed tonight. If you're losing weight, do the first two together. They help you keep muscle while the fat comes off. [7]

09 SHOW ME

AN EXAMPLE FOR ILLUSTRATION · NOT A REAL CLIENT

One week, with all four actions in it.

How the plan could look for a 44–year-old with a full calendar, Plan B and C days included.

MON — **Strength, Plan A**
30 min before work: squat, push-up, row, hip hinge

TUE — **Walk, Plan A**
10 min after dinner, phone in pocket

WED — **Protein, Plan B**
Lunch was a client meal, so a shake at 4 p.m.

THU — **Strength, Plan B**
15 min at lunch, two sets of each

FRI — **Walk, Plan C**
Late dinner, so 3 min of stairs

SAT — **Wake time held**
Out until midnight, up at the usual time

SUN — **Set up the week**
Eggs boiled, yogurt and chicken in the fridge

Only two days ran on Plan A. The week still counts.

THE DO-THIS-INSTEAD LINE, MYTH BY MYTH

MYTH 1	Two strength sessions a week.
MYTH 2	Eat breakfast only if it stops your 4 p.m. grazing.
MYTH 3	One wake time, seven days a week.
MYTH 4	Protect muscle with protein and lifting while you lose, and plan maintenance before you reach your goal.
MYTH 5	A 10–minute walk after your biggest meal.

HOW I COACH THIS

I measure your resting metabolic rate in the Assessment, so you work from your real number instead of a formula. I put it beside your body-composition scan, and we pick the one lever to move first. Then we write your Plan A, B and C around your actual calendar. This guide is the do-it-yourself version of that conversation.

10 WHEN IT GETS HARD

What usually shows up in week two.

None of these mean the plan failed. They mean it met a real week. Here's what to do when each one shows up.

"I've dieted so many times, mine must be broken."
Then start with a measurement. The number usually changes the conversation. Even in the extreme case on card 4, metabolism ran slower. It still ran.

The scale hasn't moved in ten days.
The scale weighs water, food, muscle and fat at once. Measure your waist on days 1 and 14 of the tracker, notice how your clothes fit, and judge after four weeks.

You're sore after the first session.
Use Plan B for the first week, and keep the weights light. Some soreness after a new exercise is common. Sharp pain isn't: stop, and check with your provider.

You're not hungry for breakfast.
Then don't force a meal. Use Plan C: a yogurt or a shake when you do get hungry, so the protein still lands before lunch.

A launch week or a trip eats your calendar.
Drop every action to Plan C for the week and keep the wake time. The Road-Warrior Body Guide covers the rest of a trip.

You've been on Plan C three days running.
That's a hard stretch, not a failure. Look at what took the time, and set next week's Plan B on your calendar tonight.

CHECK WITH YOUR PROVIDER FIRST IF

you have a heart condition, take medication for blood sugar or blood pressure, are pregnant, or are coming back from an injury or surgery. Tell them which of the four actions you plan to start.

WRITE YOUR OWN IF-THEN PLAN

Name the week that usually derails you, and decide your Plan C now, while you're calm.

If this happens: _____ **My Plan C is:** _____

If this happens: _____ **My Plan C is:** _____

Fill in one column a night.

Write A, B or C for the version you did, or leave it blank. In the wake-time row, write the time you got up. Score your 3 p.m. energy from 1 (crashing) to 5 (steady). Measure your waist at the belly button on day 1 and day 14.



Start date: _____ **Waist, day 1:** _____ **Waist, day 14:** _____

WEEK 1	D1	D2	D3	D4	D5	D6	D7
1 Strength session (A, B, C)							
2 Meals with protein (0 to 3)							
3 Wake time							
4 Walk after biggest meal (min)							
Energy at 3 p.m. (1 to 5)							
4 p.m. grazing? (Y/N)							
Hours in bed last night							

WEEK 2	D8	D9	D10	D11	D12	D13	D14
1 Strength session (A, B, C)							
2 Meals with protein (0 to 3)							
3 Wake time							
4 Walk after biggest meal (min)							
Energy at 3 p.m. (1 to 5)							
4 p.m. grazing? (Y/N)							
Hours in bed last night							

DAY 14 · WHAT I'M KEEPING

Keeping as Plan A: _____ **Keeping as Plan B:** _____ **Adding next:** _____

Where the change shows up.

Elite Body Data reads your health as six signals. This guide is led by three of them, BURN, BODY and LIFE, and the four actions touch the other three too.



BURN · your real number
Stop guessing what you burn. A measured resting metabolic rate replaces the formula, and your 3 p.m. energy score shows how the day is running.

BODY · muscle kept
Your waist on days 1 and 14, and how your clothes fit. If you're losing weight, a body-composition scan shows whether it's fat or muscle.

LIFE · one wake time
Count the mornings you got up within 30 minutes of your time. Aim for more of them in week two than in week one.

TRAIN · two sessions
Two letters in the strength row each week, even if both are C. The 30-Minute Strength Week has the full sessions.

FUEL · protein at three meals
Look for more 3s in the protein row, and fewer Y's in the 4 p.m. grazing row.

BLOOD · after-meal sugar
The walk and the muscle both work on it.[8,12] Know Your Numbers shows which labs track it over time.

THE DAY 14 REVIEW, IN FIVE MINUTES

1. Which action did you keep on the most days?
2. On your best-energy days, what did you do the day before?
3. Did your waist move between day 1 and day 14?
4. Which action fell to Plan C most often, and why?
5. Write your keepers on the tracker. Run two more weeks with them as Plan A, and add the next action.

13 THE RESEARCH BEHIND THIS

Every number in this guide comes from one of these, checked against the abstract or full text. The 10-minute walk, the session lengths and the Plan B and C versions are this plan's starting points, not study numbers.

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12. **Buffey AJ, Herring MP, Langley CK, et al.** The acute effects of interrupting prolonged sitting time in adults with standing and light-intensity walking on biomarkers of cardiometabolic health in adults: a systematic review and meta-analysis. *Sports Med.* 2022;52(8):1765–1787. doi:10.1007/s40279-022-01649-4. pubmed.ncbi.nlm.nih.gov/35147898/

14 YOUR NEXT STEP

Stop guessing. Measure your number.

This guide works from averages. The next two steps work from you.

1

FREE · ABOUT TEN MINUTES

Take the Elite Body Audit™

Read your six signals, see where your week is leaking effort, and find out which of the four actions to start with.

2

MEASURED, NOT GUESSED

Book the Body Data Assessment

A measured resting metabolic rate and a body-composition scan, so you know your real number and how much of you is muscle. Your benefits are checked before your first visit. Elite Body Data is in network with Blue Cross Blue Shield of Illinois, Cigna and UnitedHealthcare. Coverage varies by plan.

Have ready when you book: your insurance card, front and back, and the policyholder's name and date of birth. The free Insurance Questions Script walks you through the call if you'd rather check first.

Start at elitebodydata.com

Take the Audit first. It points you to the right next step.



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Education, not medical advice. Talk with your provider before you change your diet, training or medication.

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