STELIMASA HEALTH

WELLNESS GUIDE

The Men's 40+ Reset

Seven practical days for strength, nourishment, rest and everyday vitality.

Small, sustainable habits. No extreme promises, no complicated routines.

- **7 gentle daily practices**
- **14-day habit tracker**
- **Trusted US health resources**

FREE PRACTICAL WELLNESS GUIDE



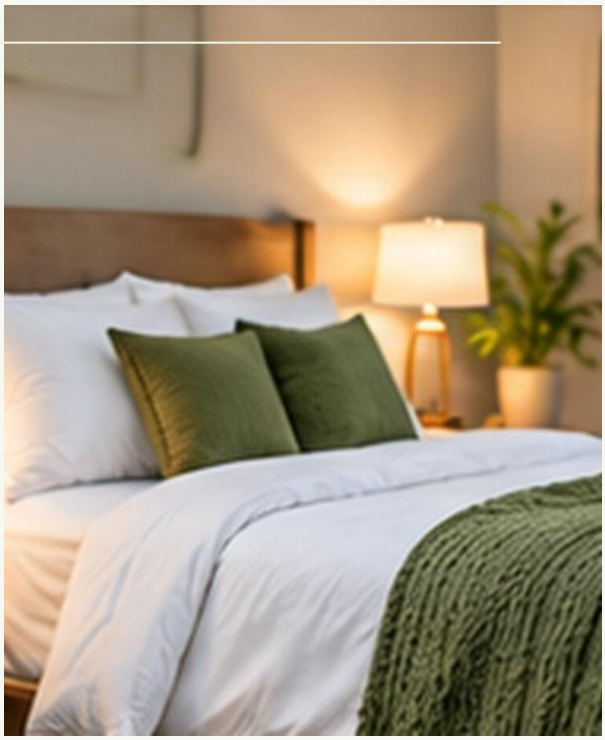
YOUR GUIDE TO SEVEN STEADY DAYS

Start where you are

A RESET FOR REAL LIFE

Life after 40 can bring new demands on time, recovery and routine. This guide offers seven manageable practices to help you organise everyday wellbeing, without promising a particular health outcome.

You do not need to follow an intensive fitness plan, eliminate favourite foods or purchase supplements. Each day introduces one idea. Try what fits and adjust to your circumstances.



YOUR THREE-PART APPROACH

NOTICE	Observe what is practical for you.
TRY	Choose one small action today.
KEEP	Repeat habits that fit your life.

New or persistent symptoms should be discussed with a qualified health professional. This guide is educational, not a substitute for individual care.

DAY 1 OF 7

Start with hydration

Build an easy daytime water routine.

NOTICE

Notice your ordinary drinking pattern. Thirst, weather, activity and personal health needs all affect how much fluid is right for you. There is no single volume that suits everyone.

TRY

Pair a glass of water with a morning habit such as preparing breakfast. Keep a bottle or glass nearby and drink at comfortable intervals during the day. If you have a medically prescribed fluid limit, follow your clinician's advice.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

What made drinking regularly convenient today?

THE SMALL STEP

Choose one comfortable daytime water cue.

DAY 2 OF 7

Build everyday strength

Start where you are and build gradually.

NOTICE

Think about the movements you already do: getting out of a chair, climbing stairs, carrying shopping or lifting objects. Strength supports these daily activities, and a plan can be adapted to your mobility and experience.

TRY

If it is appropriate for you, try a brief session with chair squats, wall push-ups or resistance bands. Begin gently and allow time for recovery. US physical activity guidance recommends muscle-strengthening activity on at least two days each week, adapted to your abilities.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which two days could make room for a strength habit?

THE SMALL STEP

Choose two realistic strength days this week.

DAY 3 OF 7

Make one balanced plate

A nutritious meal can still be simple.

NOTICE

Notice what a typical meal includes. A varied pattern can feature vegetables, fruit, protein foods, whole grains and suitable dairy or fortified alternatives. Personal preferences, budget and cultural food choices matter.

TRY

Build one satisfying plate using foods you already enjoy. For example, pair fish, beans or chicken with vegetables and a whole-grain side. Frozen vegetables and tinned beans can make preparation convenient. Use USDA MyPlate as a flexible guide, not a rigid rule.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which meal would you happily prepare again?

THE SMALL STEP

Plan one balanced meal to repeat.

DAY 4 OF 7

Decompress after work

Give a busy day a gentle ending.

NOTICE

Notice how you move from work or responsibilities into the evening. It is easy for messages and tasks to spill into time intended for rest, connection or hobbies.

TRY

Create a short transition ritual: a ten-minute walk, a few gentle stretches, gardening, music or sitting outdoors. It does not have to be a formal mindfulness practice. If your schedule is unpredictable, choose a cue that marks when your main responsibilities pause.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

What helps you feel that the workday has ended?

THE SMALL STEP

Choose an end-of-day reset.

DAY 5 OF 7

Notice evening patterns

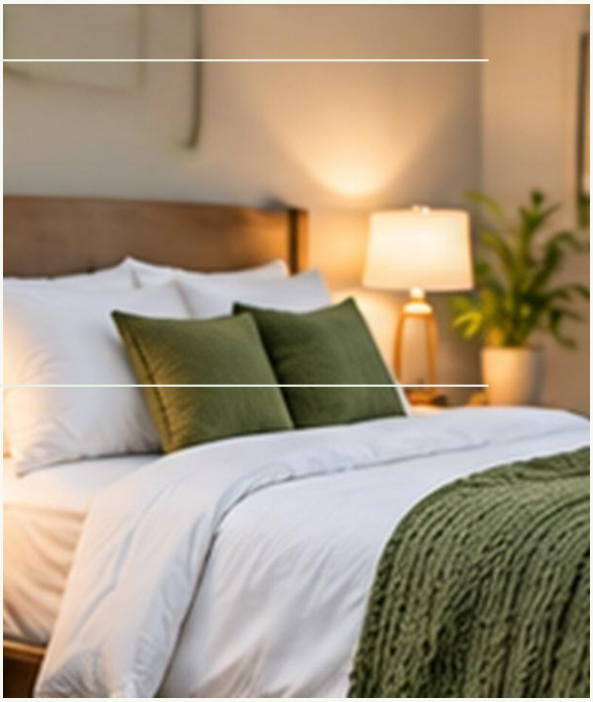
Look at sleep and bathroom habits without guesswork.

NOTICE

A few observations may help you prepare for a conversation with a healthcare professional. Note usual bedtime, evening drinks and repeated night-time bathroom visits without turning the exercise into constant monitoring.

TRY

For two or three evenings, jot down a simple summary. Do not impose blanket fluid restrictions or assume urinary changes are normal ageing. Seek clinical advice for persistent symptoms. Inability to urinate, blood in urine, severe pain or fever with urinary symptoms warrants prompt medical attention.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Is there a pattern you want to discuss with a clinician?

THE SMALL STEP

Write one useful observation.

DAY 6 OF 7

Make recovery enjoyable

Rest can include people, nature and hobbies.

NOTICE

Recovery need not mean doing nothing. A pleasant break can be social, creative or quiet. Consider the activities that restore a sense of choice after a demanding week.

TRY

Reserve a manageable period for something you actually enjoy: a walk with a friend, reading, gardening, listening to music or sharing a meal. Give yourself permission to start small. Choose activities that suit your mobility, energy and personal commitments.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

Which restorative activity would you want to repeat?

THE SMALL STEP

Put one enjoyable activity in your calendar.

DAY 7 OF 7

Review what works

Keep useful habits and leave the rest.

NOTICE

Look back across the previous six days. You may have noticed that some habits fit naturally while others required too much effort. This is useful information, not a scorecard.

TRY

Select two or three realistic practices for the next fortnight. Connect each one with an existing cue, such as breakfast, finishing work or an evening walk. Leave enough flexibility for travel, illness and busy days. If a concern involves symptoms rather than lifestyle choices, ask a qualified professional.



ONE SMALL ACTION IS ENOUGH TODAY

REFLECT

What is the smallest repeatable step for next week?

THE SMALL STEP

Choose two habits for your tracker.

ADAPT THE ROUTINE

When life gets in the way

A flexible plan is more useful than one you abandon after a difficult week.

Busy or unpredictable days

Choose a two-minute version: one movement, a glass of water or a brief pause.

Low energy or disrupted rest

Reduce intensity and prioritise manageable rest. Seek advice if symptoms persist.

Mobility or health changes

Adapt activities to your circumstances and discuss new concerns with a clinician.

Too many habits at once

Remove rather than add. Keep one habit that fits a routine you already have.

FOURTEEN DAYS OF CONSISTENCY

Your habit tracker

Choose up to three small practices. Tick the box when you try them, not when you achieve perfection.

HABIT A _____

HABIT B _____

HABIT C _____

DAY	HABIT A	HABIT B	HABIT C	NOTES
01	☐	☐	☐	
02	☐	☐	☐	
03	☐	☐	☐	
04	☐	☐	☐	
05	☐	☐	☐	
06	☐	☐	☐	
07	☐	☐	☐	
08	☐	☐	☐	
09	☐	☐	☐	
10	☐	☐	☐	
11	☐	☐	☐	
12	☐	☐	☐	
13	☐	☐	☐	
14	☐	☐	☐	

One thing I noticed over the fortnight:

_____

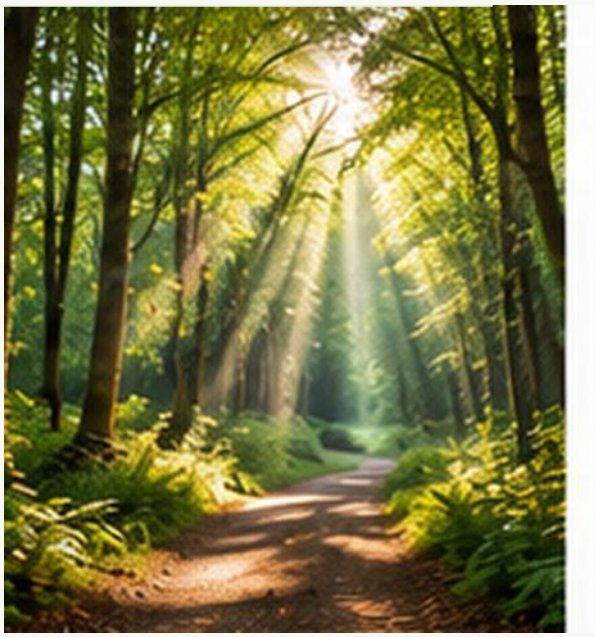
BEFORE YOU FINISH

Habits first, choices second

A SUPPORTIVE REMINDER

You do not need to buy anything to benefit from the seven-day plan. Enjoyable routines, nourishing food, movement, relationships and appropriate medical care stand on their own.

Supplements are optional and should not be used to diagnose or self-treat urinary changes, tiredness or other symptoms. Ingredient evidence, dosage, interactions and medication history all matter.



WHEN TO SPEAK TO A CLINICIAN

Arrange a professional assessment for persistent urinary changes, concerning fatigue or other symptoms. Seek prompt medical attention for inability to urinate, blood in urine, fever with urinary symptoms or severe pain.

Saw palmetto alone has shown little or no benefit for urinary symptoms due to benign prostate enlargement according to NIH NCCIH. Do not assume a supplement is a substitute for evaluation.

OPTIONAL INFORMATION

Considering supplements?

Know the evidence before buying.



MAKE AN INFORMED CHOICE

A product is not necessary to complete this reset. If you are interested in supplements marketed for men’s wellness, check the full ingredient list, stated dose, potential interactions and quality information on the actual product listing.

Do not rely on product claims to manage urinary symptoms. Saw palmetto evidence for enlarged-prostate urinary symptoms is unconvincing. Evidence about NAD+ precursor products and meaningful clinical outcomes remains uncertain.

TRUSTED US RESOURCES

NIDDK | Enlarged prostate (BPH) and urinary symptoms

NIH NCCIH | Saw palmetto evidence and safety

HHS | Move Your Way activity guidance

USDA | MyPlate nutrition guidance

For general education only. Supplements are not intended to diagnose, treat, cure or prevent disease.

NEXT STEPS

Keep building your routine

Two optional resources to help you put the seven-day plan into practice.

01 | OPTIONAL SUPPLEMENT BUNDLE

The Strong Edge Set

SH Strong Guard + SH Prime Vitality

A two-product option for readers exploring the Stelimasa Health men's wellness range. Always check the actual label, ingredients, precautions and suitability before buying.

Current US Shopify listing: $76.90

EXPLORE THE STRONG EDGE SET

SAVE 17%
ON YOUR ORDER
CODE: STRONG17

Scan to view

02 | OPTIONAL COOKBOOK

The Strong Table

Practical meals for strength-minded living

Explore food-first recipes and familiar meals designed for everyday kitchens. This is a natural companion to Day 3: Make One Balanced Plate.

EXPLORE THE STRONG TABLE

Scan to view

These resources are optional. The wellbeing habits work without a purchase.

Supplement evidence is limited for some advertised outcomes. Urinary symptoms need clinical review. Product pricing and availability can change; the linked store listing is authoritative.



Keep what works for you.

Choose two habits. Keep them manageable. Revisit your tracker and build from what fits your real life.

STELIMASA HEALTH / WELLNESS EDUCATION

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