STELIMASA HEALTH | FREE EDUCATIONAL GUIDE

The 40+ Energy Reset

Seven realistic daily practices for adults over 40



A more useful definition of energy

Energy is not about going harder every hour. It is about making enough room for nourishment, movement, daylight, recovery and connection.

Lifestyle-first | Seven practices | 14-day tracker

START HERE

Small steps, not quick fixes

A seven-day framework designed to be repeated and adapted

If your daily energy feels unpredictable, start by observing rather than blaming yourself. Work schedules, caring responsibilities, sleep, movement, medications and many other factors can affect how you feel. No guide can diagnose the cause.



A slower morning can make room for a useful routine

Over the next seven days, you will try one manageable practice a day. Each day includes a reason to try it, a practical way to begin, and a one-line activity. Repeat what helps and skip what does not suit you.

TODAY'S PRACTICAL ACTION

Choose a regular time for a brief daily check-in. Note your energy, sleep and activity without judging the result.

DAY 1

Welcome the daylight

Make a morning anchor

If it is comfortable and safe, begin the day with some daylight and a consistent first activity. A morning routine can be as simple as opening the curtains, stepping outdoors for a short walk or enjoying breakfast by a window. You do not need to rush through a demanding workout. Try to wake around a consistent time when your circumstances permit.



Plan movement and connection together

MAKE IT WORK IN REAL LIFE

If your schedule includes shifts, caring responsibilities or dark mornings, use the light and time available. A routine can be flexible and still be useful.

TODAY'S PRACTICAL ACTION

Choose a realistic five- to ten-minute morning anchor and write it down.

DAY 2

Build a steady first meal

Nourishment before perfection

Rather than chasing a magic food, build a meal that includes a source of protein, some fibre and foods you enjoy. Examples include eggs with wholegrain toast and vegetables, yoghurt with oats and fruit, or a bean-based breakfast. Your needs may differ according to appetite, medication and dietary advice.



Build a nourishing plate around foods you enjoy

MAKE IT WORK IN REAL LIFE

Coffee can fit into many routines. Avoid using it as a substitute for food and water when you are hungry or thirsty.

TODAY'S PRACTICAL ACTION

Plan one nourishing meal you would happily repeat next week.

DAY 3

Take a midday movement break

Make movement practical

Long periods at a desk or in a car can make movement easy to forget. A short walk, gentle stretch or climbing a flight of stairs, if appropriate for you, is a practical starting point. Regular activity and muscle-strengthening have broad health benefits, but there is no single best routine for everybody.



Short movement breaks are worth planning

MAKE IT WORK IN REAL LIFE

If you have mobility limitations, choose seated movement or another accessible option. Any new activity should respect your abilities and medical advice.

TODAY'S PRACTICAL ACTION

Put one brief movement break into your calendar and try it today.

DAY 4

Make lunch work for you

A flexible nourishing plate

A balanced lunch does not need a complex recipe. Think of vegetables or fruit, an appropriate protein source, and a carbohydrate you tolerate and enjoy, with water available. Try preparing one component in advance, such as lentils, chopped vegetables or cooked grains.



Make practical choices with familiar food

MAKE IT WORK IN REAL LIFE

If meal times are unpredictable, keep one simple option on hand. Food needs and cultural preferences vary, and flexibility matters more than rigid rules.

TODAY'S PRACTICAL ACTION

Build or plan one practical midday plate using familiar ingredients.

DAY 5

Pause before the afternoon rush

Recovery is a worthwhile habit

A scheduled pause can help you take stock of what the afternoon requires. Step outdoors briefly if possible, drink some water, or shift to a different activity. A pause is not a cure for fatigue. It is a chance to stop treating every demanding day as a contest.



Take a pause outside where you can

MAKE IT WORK IN REAL LIFE

If persistent tiredness is affecting daily life, seek medical advice rather than assuming it is normal ageing or a nutrient deficiency.

TODAY'S PRACTICAL ACTION

Try a five-minute reset and note whether it fitted your day.

DAY 6

Build a gentler evening

Create an achievable wind-down

The transition from work or family responsibilities to rest is different for everyone. You might put away one screen, prepare tomorrow’s first task, call a friend or choose a creative activity. Consistency helps some people, but an idealised evening routine is not required.



Create a different rhythm after work

MAKE IT WORK IN REAL LIFE

If you work evenings or shifts, adapt the cue to the period before your intended sleep. Be especially cautious about new supplements when taking other medicines.

TODAY'S PRACTICAL ACTION

Choose one end-of-day cue that feels comforting, not compulsory.

DAY 7

Keep the habits that fit

Think in weeks rather than hours

Look back at the notes from the previous six days. Which activities were enjoyable, easy to repeat or worth trying again? Some changes may simply help you plan or feel more organised; they are not proof of a physical treatment effect. Build your next fortnight around a small number of repeatable actions.



Leave room for enjoyment and connection

MAKE IT WORK IN REAL LIFE

A sustainable plan leaves room for social time, responsibilities and days when routines change. You can adapt without starting from zero.

TODAY'S PRACTICAL ACTION

Select two or three habits and enter them into the 14-day tracker.

MAKE IT YOURS

When life gets in the way

Simple alternatives can keep the plan realistic

I have very little time

Choose a five-minute version of a habit. A small step completed is more useful than an elaborate routine that never starts.

My energy changes day to day

Treat your notes as information, not a performance score. A lower-energy day may call for a gentler activity.

My schedule is unpredictable

Connect a habit to an existing cue such as a meal, the end of a shift or the school run rather than a fixed clock time.

I need professional support

New, severe or persistent tiredness, breathlessness, chest pain, fainting or other concerning symptoms require appropriate medical attention.

YOUR NEXT TWO WEEKS

The 14-day habit tracker

Print this page or complete it on screen

Choose up to three habits from the week. Put a small tick only when you tried one.

	HABIT 1	HABIT 2	HABIT 3	
DAY 01	☐	☐	☐	Notes: _____
DAY 02	☐	☐	☐	Notes: _____
DAY 03	☐	☐	☐	Notes: _____
DAY 04	☐	☐	☐	Notes: _____
DAY 05	☐	☐	☐	Notes: _____
DAY 06	☐	☐	☐	Notes: _____
DAY 07	☐	☐	☐	Notes: _____
DAY 08	☐	☐	☐	Notes: _____
DAY 09	☐	☐	☐	Notes: _____
DAY 10	☐	☐	☐	Notes: _____
DAY 11	☐	☐	☐	Notes: _____
DAY 12	☐	☐	☐	Notes: _____
DAY 13	☐	☐	☐	Notes: _____
DAY 14	☐	☐	☐	Notes: _____

At the end of the fortnight, ask: What felt realistic? What would I keep, simplify or stop?

BEYOND THE GUIDE

When products are part of your routine

Daily habits remain the foundation. Supplements are optional.

The Daily Edge Set is an optional two-product bundle from Stelimasa Health: Prime Vitality (an NAD+ precursor supplement) and Moringa Pure (moringa leaf capsules). It does not replace food, sleep, movement or medical assessment. We do not promise that it will treat fatigue or produce more energy.

DAILY EDGE SET | VERIFIED SHOPIFY LISTING

Prime Vitality + Moringa Pure | $76.90 before discounts

View the real product photographs, full ingredient labels and cautions online.

VIEW THE DAILY EDGE SET AND LABELS

Important: Check ingredients, directions and warnings on each real product label before purchase. Seek advice from a pharmacist or qualified clinician if you are pregnant, breastfeeding, taking medication or managing a health condition. A supplement may not suit everyone.

If you are unexpectedly tired or persistently fatigued, a clinician can help assess causes, including sleep conditions, medicines and other health issues. This guide is general education, not diagnosis, treatment or a substitute for personalised medical advice.

SAVE 15% ON YOUR DAILY EDGE SET

USE CODE WELCOME15 AT CHECKOUT 15% OFF

US-BASED REFERENCES

NIH MedlinePlus | Fatigue

HHS Move Your Way | Physical activity

USDA MyPlate | Healthy eating

US education references; product details and warnings are on the Shopify listing.