Science-Backed Longevity Strategies for Women: How to Regain Energy, Strength, and Vitality

10 MIN READ

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A holistic longevity framework for women, combining mindset, movement, sleep, nutrition, and connection to help you thrive through your 30s, 40s, 50s, and beyond.

In today's rapidly evolving world, women are living longer with more opportunities to thrive and prosper.

Midlife is the ultimate power season for women, where experience, wisdom, and science combine to allow you to create a blueprint to thrive in your next decades.

We've **dedicated our lives** to helping women's healthspan match their lifespan. The great news is there is energy around, motivation from, and attention on midlife women. The challenge is sorting through all the information to create the most powerful and doable plan for you to prosper through midlife and beyond!

We've created a playbook to help women navigate the science. We call it The Algorithm: A science-backed framework emphasizing five key pillars:

Mindset, Movement, Sleep, Nourishment, and Connection

These five interconnected levers combine to promote holistic growth. The good news is, you don't have to do it all. Start by focusing on even three of these areas, and you

will still transform your life!)

Create The Playbook For Your High Half!

First, congratulations. Congratulations on prioritizing yourself. This is not an easy first step, especially after decades of prioritizing others. We call this time the High Half because it’s where your wisdom, experience, and energy converge and where you get to rise into your fullest power. And, as cliché as it sounds, you can only uplift the people and things you care about if you have enough energy to power yourself up and lift up your own aspirations. Yes, your aspirations take precedence over others.

There are two rules for creating your playbook:

- Give yourself grace
- Explore with curiosity

Everything else below is an invitation: an invitation to try, to keep, to pivot, or discard completely. We want to pause for a moment here and remind you all to trust yourselves and your inner knowing. Because in your High Half, you’ve earned the right to let your intuition and your logic inform your decisions. There is no right or wrong here. The research on women’s health is still evolving and woefully underfunded. We will do our best to provide the science and strategies to help you craft a meaningful, impactful, personalized playbook. And we trust you to find your way through and know which advice isn’t for you.

The ability to pause, reassess, and reset isn’t

failure; it’s wisdom in action.”

Women have unique individual needs, and the strategies for enhancing our healthspan, lifespan, and thrival through midlife are just as unique. Women’s neurochemistry, hormone profiles, response to exercise and nutrition, and sleep and recovery needs all shift in midlife. And it’s different for everyone (which is why it’s so hard to navigate all of the information out there). Our goal is to provide you with the tools and the science you need to test, track, learn, and trust yourself to make the choices that are right for you. Think of us as your well-informed friends on your High Half journey. We’ve been there, we’ve tried it all. Some of it worked for us, and some of it didn’t. We’ve had to back off protocols that didn’t feel right for us.

That can be a hard moment because the ability to try something, recognize it’s not working, and pivot without shame is not a skill most women are taught to see as part of their well-being journey. But it’s essential. Especially in midlife, where the science on women’s health is still catching up, and protocols aren’t always built with us in mind. The ability to pause, reassess, and reset isn’t failure; it’s wisdom in action. It’s self-trust. It’s creativity in action. And it’s how sustainable health is actually built. If you take nothing else away from this article, we hope it’s this!

We’re going to be real with you about how far you can take this journey. So let’s get started. Here’s what you need to know to build your High Half Playbook.

First: Mindset and Longevity: How Women Can Rewire the Brain for Energy and Resilience

Your brain is your #1 tool for longevity and optimizing healthspan. Our mindset determines how we show up, tackle new challenges, celebrate big and small wins, and recover from setbacks. All five healthspan pillars are integrated and synergistic, and they all support active cognition through midlife and beyond. Here, we will explore not only the unique features of the female brain but also how changing hormones interact with our cognition and long-term brain health.

The Female Brain and Longevity: Hormones, Neuroplasticity, and Energy

The female brain has enhanced connections between the right and left sides of the brain. These connections are the superhighways for women's ability to quickly scan, read, and determine the emotional energy in any environment. Women also have larger and more developed emotional and communication centers. Every cell in the female brain has estrogen receptors, so there are biological and physiologic influences on women's cognition that shift throughout the female lifespan.

1. **Hormonal Shifts:** Estrogen and progesterone play a significant role in women's drive to care-give, shelter, and nurture. For example, the tendency to "nest" in pregnancy is related to the high progesterone levels associated with late pregnancy. As women enter midlife, with shifting hormonal levels, our cognitive drive to be a caregiver and nurturer physiologically begins to shift. This creates the cognitive opportunity to establish new priorities (ourselves) and new neuropathways (neuroplasticity). Let's call this shift what it is: freedom! But, it can also feel like loss. And many fight against it or feel selfish when they start to focus on themselves. We're here to tell you that this isn't selfish; it's your brain shifting priorities.
2. **Neuroplasticity:** This is our ability to create new neural connections and establish new neural pathways. This is critical through midlife as we establish new habits and behaviors. It is also critical to our ongoing cognitive health, learning new skills, picking

up new habits, and actively engaging different parts of the brain.

3. **Midlife Dynamics**: The female brain also becomes the powerhouse for supporting our ability to build and sustain muscle mass. As we lose estrogen, women's primary anabolic, or building hormone, women must engage neuropathways to stimulate muscle growth. Lifting heavy weights and doing high-intensity exercises create a different cognitive response and neural signals to muscle, replacing some of the role of estrogen.

Mindset Training for Women: Daily Practices That Boost Longevity

Change happens fast in the High Half. You will evolve. Science will change. Your priorities will shift. Your health and well-being require a flexible mindset, allowing you to experiment, learn, fail, try again, review, and repeat. We call these actions prototyping.

And, because your mindset powers everything you decide to pursue, approaching your mindset as a muscle—a trainable muscle, just like your biceps and abs—is your secret weapon for achieving sustainable improvements in your energy and joy.

Here Are Three ways to Prime Your Mindset for Success:

1. **The 1% rule:** Small incremental improvements compound into life-changing outcomes. Do not succumb to the overwhelm of sweeping change. Pick one point on the horizon, then architect a plan of small steps, repeated consistently to get yourself to that first milestone and beyond.
2. **Gratitude:** We've all heard it. "What we appreciate, appreciates," and **science backs this up**. A myriad of studies show that people who regularly practice tangible gratitude for small things in life (big things, of course, too) create a lifelong groove in their mindset that improves their outlook and increases success metrics across all arenas:

professional, financial, relationship, and outlook. Gratitude practices, journaling, PQ reps (from Shirzad Chamine's groundbreaking platform, **Positive Intelligence**), and meditation are all simple and practical ways to reframe life's inevitable rollercoaster, helping to rewire the brain in support of your energy and enjoyment.

3. **Positivity Bias**: As simple as "rose-colored glasses" sound, again, this is one science supports. **Optimists live 7 years longer**, do better financially and professionally, enjoy happier relationships, and live in a state of better health than pessimists. It's worth your effort to pause and reframe challenges in order to actively see opportunities for growth.

Science-Backed Mindset Practices for Women's Health and Longevity

Give these simple practices a try. Which ones feel like a natural fit for your routine? Start with those and then experiment with adding new practices as you go.

1. **Gratitude Practice:** Gratitude can be as simple as taking a moment to think about three things you are thankful for at the beginning and end of each day. Or you can try a 30-day gratitude challenge. Spend 1-2 minutes a day focused on gratitude. It's good to do this first thing in the morning or right before bed. See how it impacts your mindset. This can include journaling, meditation, or any other practice you enjoy.
2. **The 3-minute Resilience Reset-** Pick one challenge you want to tackle this month and spend 3 minutes *writing down* how you will reframe your mindset to tackle it!
3. **Tell Your Brain What You Want to Think:** Start and end your day by telling your brain what you want to think. Start with "*This will be a great day*" and end with "*These three things made it a great day.*" Extra credit: try squeezing your hands, tapping your fingertips, or pressing your feet more deeply against the floor when you say these phrases to imprint the cerebral sense into your physical self.

4. **Weekly Check-In**: Reflect on your week and how your sleep, movement, nutrition, and community practices influenced your mindset. Make that reflection one you track in writing for two reasons: First, you'll see trend lines and feel the satisfaction of traction over time. Second, writing engraves the intent more deeply into your thinking pattern. Groove it again and again.

Four Emerging Strategies We Add to Our Mindset Gym

These aren't your average "think positive" tricks. They're the practices we've tested, researched, and returned to—because they help us stay clear, grounded, and growth-minded in our High Half. Here's how to bring them into your own mindset training:

1. HEAT UP WITH SAUNA SESSIONS

- *What to do:* Try 2–3 sauna sessions per week, aiming for 15–20 minutes at 170–190°F (or according to your tolerance), followed by a cool shower.
- *Why it works:* Sauna use doesn't just support cardiovascular health—it boosts mood, promotes mental clarity, and encourages social connection. Heat shock proteins released during sauna sessions support cellular repair and cognitive function. Following up with cold boosts dopamine for feeling good and increasing focus.
- *Pro tip:* Go with a friend or journal after a session. There's research on the emotional release that follows heat therapy—it can open up space for insight, gratitude, or simply exhaling stress.

2. USE RED LIGHT THERAPY TO SUPPORT BRAIN AND MOOD

- *What to do:* Use an **FDA-approved red light therapy device** (wavelengths around 660nm and/or 850nm) for 10–20 minutes, ideally within two hours of waking.
- *Why it works:* Red light stimulates mitochondria (your cellular energy generators), which

supports cognitive clarity and mood. Morning use may also help align your circadian rhythm, improving energy and sleep quality.

- *Pro tip:* Set it up while you meditate, stretch, or sip coffee—no need to overthink it. Look for full-body panels or facial devices based on your goals.

3. BUILD MEANING WITH POSITIVE PSYCHOLOGY AND PERMA

- *What to do:* Explore the **PERMA model** (Positive Emotion, Engagement, Relationships, Meaning, Accomplishment) and try activities that strengthen each domain. For example, practice daily gratitude, seek flow in a hobby, or reconnect with someone meaningful.
- *Why it works:* Developed by psychologists like Martin Seligman and Barbara Fredrickson, positive psychology helps build long-term resilience and emotional well-being—not by ignoring pain, but by cultivating strengths and purpose.
- *Pro tip:* Take the free **VIA Character Strengths assessment** to discover what makes you thrive, and use that insight to realign your time and energy.

4. TRAIN YOUR INNER COACH WITH POSITIVE INTELLIGENCE

- *What to do:* Explore Shirzad Chamine's **Positive Intelligence framework** through his free ***Saboteur* assessment** or the app-based PQ training program. Practice "PQ reps" like mindful body scans, gratitude micro-pauses, or visualization drills.
- *Why it works:* Positive Intelligence helps identify internal critics (like the "Pleaser," "Hyper-Achiever," or "Avoider") and teaches you how to strengthen your "Sage" brain—the part of you wired for calm, clarity, and wise action.
- *Pro tip:* Try setting a 2-minute timer and doing a quick sensory rep (like rubbing fingertips or focusing on ambient sounds) before a stressful meeting or emotional conversation. It's like a mental reset button.

Second: Exercise and Longevity for Women: Strength, Cardio, and Energy

If we had to pick one place to start, this would be it! Movement is the most significant predictor and contributor to healthspan and lifespan. Period. So, why isn't it the first pillar? We start with mindset because you need the right mindset to motivate yourself to move. And there's a bit of a conundrum here because when you exercise, you increase the biochemicals that encourage you to move more. So, mindset is key. But movement is medicine.

The **difference in mortality** is 400% between people with the top percentiles of cardiovascular fitness (VO2 Max) and the bottom percentiles. Strength has a similar impact, with a 250% difference in mortality between those in the upper and lower percentiles. So, let's get moving!!

Here's what you need to know:

- Women can lose 10-20% of their **bone density** in the first 5 years after menopause
- Women can lose 3% of **muscle mass** per year after age 30

Women's Fitness Needs Are Different: How Hormones Impact Muscle and Bone Health

Estrogen is the primary anabolic (muscle-building) hormone in women, promoting osteoblast activity, which helps build strong, healthy bones. As estrogen levels drop, women must find new "stimuli" to build muscle and bone. This is why lifting heavy weights is critical.

As estrogen levels drop, muscles must rely on another "signal" to contract forcefully.

Lifting heavy weights produces a more intense neuro stimulus, triggering the brain to "tell" the muscle to contract more forcefully. Women can generate similar neural signals with short bouts of high-intensity training, such as sprinting or jumping. These signals also promote and maintain bone health and density.

Fitness Myths for Women: What the Science Actually Says

- **Myth #1: Lifting heavy weights will make me "bulky"**. What we have learned is that doing fewer repetitions at a heavier weight actually builds strength over hypertrophy!
- **Myth # 2: Movement only counts during dedicated periods of exercise**. You can power up your day with "exercise snacks"! Because all movement matters. Don't discredit taking the stairs, doing five air squats between calls, or taking a walking meeting- it all contributes to our well-being and lifespan.
- **Myth # 3: High-intensity work is "dangerous" for women.** For most healthy adults, engaging in high-intensity work is incredibly beneficial. Not only does high-intensity exercise benefit the musculoskeletal system, it has positive effects on the brain (especially when we produce lactate, one of the brian's preferred sources of energy) but also enhances the female metabolism, promoting the usage of glucose and improving insulin sensitivity!
- **Myth #4: Women only need zone 2 exercise**. The promotion of 150 minutes of zone 2 exercise comes from studies on men. While ALL movement is beneficial for women to get the most bang for their buck, resistance training and high-intensity training are what truly move the needle for enhancing healthspan. Embrace Zone 2 for the mental and social benefits it can provide.

Strength Training for Women: Safe, Science-Backed Muscle-Building Strategies

It is never too late to begin a strength training program, and "lifting heavy" does not happen overnight. Be patient and start slow; consistency is key. Here are a few things to keep in mind as you begin strength training:

- **Think six reps, with 2 "in reserve,"** meaning you could probably do two more reps if you really had to.
- **Aim for 2-3 strength training sessions per week**
- **Try "Polarized" (Dr. Stacy Sims term) training 2-3 times per week:** HIIT (high-intensity interval training- 1-2 min of 80% max effort, followed by 30-60sec recovery) on repeat, or SIT (sprint interval training) 30 sec of 100% intensity, followed by 1-2 min of recovery, repeat x 5.
- **Zone 2 is for chats with friends** and is a good way to support metabolic and, social, cognitive health
- **Do not forget mobility and flexibility**. You can add mobility exercises in everyday
- **It's never too late to start**, but the earlier you do start, the more you access the "compound effects" of muscle building for your skeletal muscle foundation and bone density support.

See the **Ultimate Guide for Building Muscle Safely after 40** for more fitness tips for women.

Two Emerging Strategies We Add to Our Fitness Routine

Yes, we will show up on a Zoom call wearing a ruck pack, and we aren't afraid to try the weird fitness "rides" at the gym. Here are two things that have worked for us:

1. **Rucking:** Hiking, walking (even sitting or doing housework) with a weighted vest or backpack provides an increased load for bone stimulation. Also, it creates an "eccentric" load, so we learn how to control our motion when decelerating. This is critical because

we don’t often fall “up”; we fall down, so learning how to control going downhill with extra load improves our ability to prevent falls.

2. **Blood flow restriction (BFR):** This is an old technology that is gaining new support because it can mimic lifting heavy weights without the stress on joints. It also increases lactate and human growth hormone, which is good for our brains and stimulates additional pathways for muscle stimulation.

Third: Nutrition for Women’s Longevity: Protein, Timing, and Gut Health

Food is essential not just to nourish our bodies but to create communities, culture, celebrations, and connections. Fad diets and nutrition trends are everywhere! How do you sort through the noise? Should you fast, or is it bad for women? Is protein good or bad? How much should we eat? Let’s dive in.

WHAT YOU NEED TO KNOW:

First, the most important thing to remember is we want to bring the mindset of savoring to our food, not restriction. Find foods that work with your body and your goals. Here are a few things to consider:

- **Protein is Key:** Despite what society says, midlife women need 0.8-1gm of **protein** per pound of body weight to build and maintain muscle mass (that means ~100g for a 120lb woman). Many women who stall in their training or struggle to lose weight are often underfueling.
- **Timing is Important:** Most women need to fuel before exercise. This is critical,

especially if you exercise in the morning. When we first wake up, our cortisol levels are elevated. Nutrient intake (protein, carbohydrates, and fat) signals the hypothalamus that there is food available, allowing energy to be dedicated to building muscle.

- **Time-Restricted Eating Can Be Beneficial with Self-Monitoring:** Women need to fuel their bodies early in the day. But it's helpful to eat in rhythm with your circadian cycle: fueling in the morning, but completing your eating window in the early evening, setting up for at least a 12-hour fast overnight. This is a beneficial strategy that can allow you to fuel prior to morning exercise but complete the eating window within plenty of time to optimize sleep and recovery. But remember: everyone is different, and you should take your metabolic and hormonal profile into consideration. *If you struggle with low thyroid function, high cortisol, blood sugar instability, or a history of disordered eating, fasting may do more harm than good—work with a functional medicine provider to assess your hormone and metabolic status through bloodwork, symptom tracking, and glucose monitoring before starting.*
- **Some Supplements are Helpful:** Creatinine, for example, has strong evidence that it not only enhances women's ability to **build lean muscle mass** but creatine has been shown to have positive **cognitive effects** and to support healing after traumatic brain injury. Magnesium, Vitamins D, K, C, and Omega 3s are also helpful for women in their High Half.

Healthy Eating Tips for Women: Building Energy and Vitality

Food isn't just fuel—it's information, connection, and one of the most powerful tools you have to support your energy, **metabolism**, and mood. Whether you're meal planning, grabbing lunch on the go, or sitting down with friends, try to focus on these five things:

1. **Your protein intake**. Aim for 0.8-1.0gm/lb body weight. Choose lean protein sources: fish, lean meats, tofu.
2. **Nutrient-density**. Prioritize whole foods to optimize macro and micronutrients.
3. **Hydration**. Try adding electrolytes to your water to enhance absorption. Have it before your morning coffee to power up your day.
4. **Fiber.** This is key for glucose and insulin control, keeping your metabolism on track.
5. **Community**. The social benefits of sharing meals with friends and family should not be underestimated. Don't forget to break bread with others whenever possible.

Two Emerging Strategies We Bring to the Table

There are a ton of fad diets and panacea pills out there. Here are some things we think are actually worth exploring:

- **Continuous Glucose Monitors**: This small, relatively painless **device** gives you a personal insight into how different foods affect your blood sugar.
- **Prebiotics/Probiotics:** Establish and **nourish your microbiome** for long-lasting gut health and longevity. Remember: A prebiotic (asparagus, artichoke) helps the gut biome and "good bacteria" grow. Think of it like good soil and fertilizer. A probiotic (think Kefir, sauerkraut, yogurt, KimChi) helps your gut biome stay healthy and adds good bacteria to the base. Think of it like the actual seeds you're growing for a great forest or crop, your gut biome.
- **Targeted Blood Work:** Work with your healthcare provider or a commercial testing service to obtain a comprehensive nutritional profile, which will help you more accurately identify areas to supplement and optimize your nutrition for your High Half.

Fourth: Sleep and Longevity for

Women: How to Improve Rest in Midlife

Sleep is finally getting the attention it deserves. **Sleep disturbances** can often present as the first symptom of perimenopause. As progesterone levels begin to fluctuate, sleep is often impacted. As estrogen levels start to fluctuate, hot flashes and night sweats can occur, further hindering our ability to optimize sleep. This is before we even dive into the science behind co-sleeping with a partner, etc.

What you need to know now:

First, your sleep quality is vital for the preservation of cognitive function. Women need at least 8 hours of quality sleep. The Glymphatic System is the “washing machine” of the brain and is only active during sleep. This system is responsible for cleaning out toxic byproducts and proteins. Here are a few things to consider:

- **What is quality sleep?** Quality sleep isn’t just about hours—it’s about efficiency. A healthy sleep efficiency score is typically 85% or higher, which means you’re asleep for at least 85% of the time you’re in bed. For example, if you’re in bed for 8 hours but only asleep for 6.5, your sleep efficiency is about 81%—below optimal. **You can track sleep efficiency using wearable devices**. Make sure to check your weekly average, not just one night. Patterns are more telling than isolated data points.
- **Optimizing light exposure and daily routines for better sleep**. Early morning sunlight is crucial for resetting our **circadian rhythms**; aim for 10 minutes of early morning light (sunlight is best). Avoid bright overhead lights in the evening.
- **Hormones Change Our Sleep Patterns:** As progesterone levels drop, typically the first sign of perimenopause, our ability to sleep can become significantly impacted. This is coupled with dynamic fluctuations in estrogen- that can cause night sweats and hot

flashes. Midlife women are often diagnosed with anxiety during this period and placed on antidepressants, which usually can help with sleep, but examining hormonal implications on sleep is essential.

- **Sleep apnea:** This is often underdiagnosed in midlife women because its symptoms can be very subtle, which means we may not be aware of them. If you feel like you are getting adequate sleep yet never wake up rested, talk to your healthcare provider. Altitude can also induce mild sleep apnea, something to watch as you travel.

Better Sleep for Women: Science-Backed Habits That Support Longevity

Good sleep isn't just about how many hours you get—it's about how well your body and brain move through the rhythms of rest and repair. The best part? You can train for better sleep the same way you train for strength, clarity, and calm. Here are a few science-backed habits to help you clean up your sleep hygiene, support your circadian rhythm, and make mornings feel less like a crash landing.

1. **Leverage circadian rhythms with morning light exposure**.
2. **Limit caffeine** and alcohol
3. **Time your meals** to promote restful sleep. Stop eating 2 to 3 hours before sleep.
4. **Create sleep-friendly environments**, **meaning cold, dark, and quiet**
5. **Be consistent** by following similar sleep and wake times to maximize quality sleep
6. **Develop a "wind-down routine"** by trying to slow down the last 30 minutes of the day to prepare yourself for sleep. As our friend and Founder of Super Age, David Stewart, says, "Don't crash the plane" into bed!
7. **Preserve the quality of your REM sleep,** the restorative sleep we have in the last half of

the night, by avoiding picking up your phone or computer first thing in the morning. Try to wait 30 minutes before jumping into work, email, news, etc.

Three Emerging Strategies We Bring to Bed

There are a *lot* of sleep hacks out there—but not all of them are worth your time. These are the strategies we've personally explored, researched, and believe can actually move the needle. Think of them as part science, part experiment, and totally customizable to what works for your body. From smarter supplementation to tech tools and quiet revolutions in how we breathe, here's what we're adding to our nighttime routine (and why you might want to try some, too).

1) SUPPLEMENTS FOR SLEEP

- **Magnesium** is getting a lot of attention for promoting sleep. Physiologically, magnesium threonate crosses the blood-brain barrier and is thought to have an impact on cognition and sleep
- **Melatonin** is a bit of a mixed bag. Most sleep experts agree that melatonin isn't a great sleep aide; however, it plays a significant role in regulating circadian rhythms and can be very helpful when traveling across multiple time zones

2) SLEEP TRACKERS

- There are several biometric devices that track sleep. All are built on different algorithms, which is why scores can differ across devices.
- Use your data to track trends in your sleep metrics and when making changes to your sleep routine. Don't let your metrics become a source of stress; take a break from data when needed.
- Sleep trackers can help identify sleep apnea

3) MATTRESS CHOICES

- Today’s modern mattresses can do just about everything: cool you, provide biometric information, change position, and more! Consider a mattress cover before a full-blown mattress swap to see what works.
- In the realm of mattress covers, you can find ones to help with temperature as well as “grounding,” simulating the effect of walking barefoot outdoors, where we absorb ions through the earth’s natural charge.

4) MOUTH TAPING

- Mouth taping supports the development of closed-mouth breathing muscle memory.
- It may help some individuals with mild sleep apnea and snoring, particularly when used in conjunction with a mandibular advancement device (MAD).
- There is no solid evidence that mouth taping prevents cavities, boosts immunity, or reshapes your face.
- It could be risky for people with moderate to severe sleep apnea, asthma, or nasal obstruction. These folks rely on mouth-breathing as a backup mechanism, and blocking the mouth could be dangerous.

And Finally: Connection and Purpose: The #1 Longevity Secret for Women

The longest-running academic study on happiness is the **Harvard Study of Adult Development**. Researchers began tracking men in 1938 and later expanded to include their wives, children, grandchildren, and other family members. After decades of study, they found the key to longevity, and it’s…. (drumroll)…meaningful relationships. This study has led to the creation of the Harvard Flourishing project, which studies all types of interactions and relationships and their impact on healthspan

and lifespan.

Here's what we know now:

Personal relationships are key to **expanding healthspan and lifespan**. Social connections provide positive synergy and enhance impact in all the areas we have talked about: mindset, movement, sleep, and nourishment.

Midlife women often find themselves having neglected their **personal relationships** as secondary to the demands of family and career. But, the neural and hormonal changes that occur through midlife actually give women an increased capacity to re-engage or create new friendships and communities.

WHAT TO DO NOW:

It doesn't have to be a grand gesture. The most powerful shifts often start with a small yes. Rebuilding or **deepening connections** in midlife isn't about having a packed social calendar—it's about saying yes to what feels energizing, meaningful, or just plain fun. Start small. But start.

- **Say "yes" to a social invite**, group activity, or to coffee/lunch with a friend
- **Join a team/class/group** to try something new
- **Get outside** and marvel at the power of nature- especially when coupled with movement and connection.

Three Emerging Tips We Bring to Tea

We've found that this season of life actually *primes* us for richer relationships. The science is catching up to what many women intuitively feel: that community, laughter, and shared experience are as essential to health as any supplement or sleep routine. Here are a few things we suggest:

- **Get Clear on Your Purpose.** Purpose isn't just personal. It's relational. When we get clear on what matters most to us, we create clarity in how we show up for others. **Purpose** gives our relationships texture, direction, and depth. It's what turns connection into contribution.

- **Savor the In-Between Season.** Let your personal questions guide you toward new expressions of impact, and let that clarity deepen your sense of belonging in the communities you choose.

- **Find Awe.** Explore your connection to something "larger" than yourself. Research shows people who see themselves in the context of a "greater than I" arena live happier, longer, and healthier. Go on hikes with friends. Go to museums. See concerts.

- **Go Big, If You Want To**: There are adventure companies designed for midlife women, travel groups, and retreats, all focused on connection, community, and belonging.

How to Create Your Personalized Longevity Playbook

We want you to embrace a philosophy of thriving in your High Half—it's a revolution in how women approach midlife and beyond. You are equipped to stay informed on the science, tap into your sense of self-compassion, and find practical, supported ways to craft your well-being journey. Yes, you need a trusted doctor or two on your side. But, as you all know, you also need to be an informed participant in your own health journey.

Step-by-Step: Build Your Personalized High Half Playbook

1. Choose Your 3 Pillars: Start with three of the five healthspan pillars: Mindset,

Movement, Sleep, Nourishment, and Connection. Choose the ones that feel most relevant or actionable right now. You can always add more later.

2. Define Your "Why" for Each: Ask yourself: *Why does this matter to me right now?* Maybe you want more energy to travel. Maybe it's mental clarity to lead a team. Maybe you just want to feel good in your body again. Write it down. Purpose fuels motivation.

3. Pick 1–2 Weekly Practices Per Pillar: Use the examples from this article—or draw from your own wisdom—to choose a couple of weekly actions per pillar. Keep them simple and realistic. (Example: Strength train twice a week. Journal gratitude nightly. Eat 100g of protein daily.)

4. Create Your "Track + Reflect" Ritual: Pick one day per week to check in with yourself. Write a few notes about what's working, what's not, and how you feel. Use a simple journal, a notes app, or your calendar. Trends and traction are more valuable than perfection.

5. Add 1 Emerging Strategy You're Curious About: Experiment! Choose one "emerging strategy" that excites you—sauna, red light therapy, rucking, sleep tracking—and try it for a month. Treat it like a science-backed curiosity, not a mandate.

6. Schedule One Connection Moment Weekly: Pick one opportunity per week to connect—with a friend, a group, or something greater than yourself. Add it to your calendar and treat it like a non-negotiable. Connection fuels resilience.

7. Revisit and Refine Monthly: This is YOUR living playbook. What worked last month might evolve. Check in. Shift what needs shifting. Celebrate progress, not perfection.

Remember, your playbook is not about perfection. It's about power—your power—to choose, to pivot, to thrive in the most energized, inspired version of your next chapter.

You don’t need anyone’s permission. But if you do—we’re giving it to you now. Go build it. You’re ready.

And please, **write and tell us** how it’s going!

Read This Next

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