



Metabolism-U^{LLC}

PERFORMANCE BLUEPRINT SERIES

BETTER METABOLISM. STRONGER BODY. MORE INDEPENDENT YOU.

BLUEPRINT 01

STRENGTH BUILDS METABOLISM

BUILD MUSCLE.
INCREASE METABOLIC RATE.
STAY INDEPENDENT LONGER.

MORE MUSCLE

HIGHER
CALORIE BURN
AT REST

BETTER INSULIN
SENSITIVITY

STRONGER BODY

GREATER
INDEPENDENCE



THE METABOLISM-U FRAMEWORK



1. STRENGTH TRAINING

Build lean muscle to increase metabolic rate, improve strength, and protect your independence.

FOCUS

2-4x per week
Progressive Overload



2. NUTRITION STRATEGY

Fuel your body to support muscle, optimize metabolism, and promote long-term health.

FOCUS

Protein • Whole Foods
Calorie Awareness



3. DAILY MOVEMENT

Increase your NEAT (non-exercise activity thermogenesis) and stay active every day.

FOCUS

7,000+ Steps
Move More, Sit Less



4. RECOVERY & SLEEP

Recover well to perform better. Sleep is when your body rebuilds and recharges.

FOCUS

7-9 Hours
Quality Sleep

— WHY IT MATTERS AFTER 50+ —

- ✓ **Preserve Muscle & Strength**
Reduce the risk of sarcopenia
- ✓ **Support Metabolic Health**
Improve blood sugar and cholesterol
- ✓ **Enhance Daily Function**
Move better, feel better, live better
- ✓ **Build Confidence**
Strong body. Strong mind. Strong you.



THE METABOLISM-U PROMISE



Evidence-based strategies.
Simple frameworks. Real results.

**BETTER METABOLISM.
STRONGER BODY.
MORE INDEPENDENT YOU.**

TRAIN SMART. FUEL RIGHT. LIVE STRONG.

NEXT UP IN THE SERIES



Blueprint 02: Protein –
The Building Block of Metabolism
Why protein is critical for muscle,
metabolic health, and longevity.



Metabolism-U^{LLC}

HEALTH • FITNESS • INDEPENDENCE

*Better Metabolism. Stronger Body.
More Independent You.*



SCAN TO LEARN MORE



DISCLAIMER: The content in this guide is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare professional before starting any new fitness, nutrition, or supplement program, especially if you have a medical condition or are taking medication.