



METABOLIC EDGE 40+

presents

ME40

Daily 10™ Challenge

The 30-Day Challenge

✓ 10-Min Workout

✓ 120g+ Protein

✓ 30-Min Walk

✓ 64oz+ Water

✓ Weekly Photo

**Your Daily Blueprint to Build
Strength, Improve Mobility,
and Support a Healthier
Metabolism After 40**

MetabolicEdge40.com/ME40-Daily-10

A Message from Coach Alan

I designed the ME40 Daily 10™ for people exactly like me — busy adults over 40 who want to stay strong, protect their metabolism, and keep doing the things they love, whether that's playing golf, keeping up with grandkids, or simply feeling good every single day.

This isn't about perfection. It's about showing up consistently. Just 10 minutes a day, five simple habits, and 30 days of commitment is all it takes to start feeling the difference.

I do this routine myself. These are the same moves, the same habits, and the same mindset I apply to my own health at Metabolic Edge 40+. I'm right here doing it alongside you.

Alan B Millard

Founder, Metabolic Edge 40+

"Just 10 minutes a day can help you move better, feel stronger, and support a healthier metabolism after 40."

Your Daily Reminder

- ✓ Eat enough protein.
- ✓ Walk every day.
- ✓ Lift weights 2–3 times per week.
- ✓ Sleep 7–8 hours.
- ✓ Progress beats perfection.

The 5 Daily Habits

✓ 10-Min Daily 10 Workout

Complete the full routine shown in this guide.

✓ 120g+ Protein Daily

Adjust to your size — aim for 0.7–1g per lb of body weight.

✓ 30-Min Walk

18 holes of golf absolutely counts!

✓ 64–100 oz Water

More on hot days or golf days.

✓ Weekly Progress Photo

Every Sunday — skip the daily scale weigh-ins.

**MIN
1**

March in Place

- Stand tall, feet hip-width apart.
- Lift knees comfortably to waist height.
- Swing arms naturally, opposite to legs.
- Breathe in through nose, out through mouth.

TARGET: 1 full minute, easy pace

COACH ALAN'S TIP

Think of this as warming up your engine — no rushing. Gradually raise your heart rate and loosen your joints before the work begins.

GOLF BENEFIT:

Gets blood flowing to hips and shoulders before your swing.

**MIN
2**

Chair Squats

- Stand in front of a sturdy chair.
- Push hips back, sit back slowly — lightly touch the seat.
- Stand back up without using your hands if possible.
- Keep chest up and knees over toes.

TARGET: 10–15 repetitions

COACH ALAN'S TIP

If standing from the chair is hard, use your hands for the first few reps. The goal is to need them less each week.

GOLF BENEFIT:

Builds the leg and glute power behind a strong golf stance and follow-through.

**MIN
3**

Counter Push-Ups

- Use a kitchen counter, sturdy bench, or wall.
- Hands shoulder-width apart, body in a straight line.
- Lower chest toward the surface slowly.
- Push back to start — squeeze chest at the top.

TARGET: 10–15 repetitions

COACH ALAN'S TIP

The lower the surface, the harder it gets. Start at counter height and work toward a bench over 30 days.

GOLF BENEFIT:

Strengthens chest, shoulders, and triceps for a more controlled swing.

**MIN
4**

High Knee March

- Slow and controlled — this isn't a race.
- Drive opposite arm with opposite knee.
- Hold each raised position for a half-second.
- Look straight ahead for balance.

TARGET: 30–60 seconds, alternating legs

COACH ALAN'S TIP

Hold a countertop lightly if balance is an issue. Over 30 days, try doing it freestanding.

GOLF BENEFIT:

Improves single-leg balance — critical for the golf swing finish position.

**MIN
5**

Wall Plank

- Place hands or forearms flat on a wall.
- Walk feet back until body is in a diagonal line.
- Brace core as if bracing for a punch.
- Hold still — no sagging hips.

TARGET: Hold 30–45 seconds

COACH ALAN'S TIP

This is easier than a floor plank — perfect for building core confidence. Move to chair-height once the wall feels easy.

MIN
6

Step-Back Lunges

- Step one foot back, lower back knee toward floor.
- If knees bother you: step back, tap, then return.
- Alternate legs each rep.
- Keep front knee above ankle, chest tall.

TARGET: 10 reps each leg (or 20 step-back taps)

COACH ALAN'S TIP

Step-back taps are not a lesser version — they're a smart starting point. Add depth gradually as strength builds.

GOLF BENEFIT:

Improves hip strength and single-leg stability — key for balance through your swing.

MIN
7

Standing Rows

- Anchor a band at chest height, pull elbows back.
- Squeeze shoulder blades together at the end.
- No band? Perform the motion freestanding.
- Slow pull back, slow return.

TARGET: 12–15 repetitions

COACH ALAN'S TIP

Even without a band, the movement trains your posture muscles. A light resistance band (under \$15) will supercharge this exercise.

GOLF BENEFIT:

Strengthens the upper back — prevents rounded posture that robs power from your swing.

MIN
8

Heel Raises

- Hold a chair or counter if needed.
- Rise slowly onto your toes.
- Pause at the top for one count.
- Lower slowly — the down phase builds strength too.

TARGET: 15–20 repetitions

COACH ALAN'S TIP

Try these on the edge of a step for greater range of motion once the flat-ground version feels easy.

GOLF BENEFIT:

Strengthens calves and ankle stability — essential for walking 18 holes comfortably.

MIN
9

Golf Rotations

- Cross arms over chest or hold a club across shoulders.
- Rotate shoulders slowly left, then right.
- Keep hips as still as possible.
- Focus on the upper back and rib cage turning.

TARGET: 10 rotations each direction

COACH ALAN'S TIP

This is the most golf-specific movement in the routine. Consistent practice makes swing rotation feel completely effortless.

GOLF BENEFIT:

Directly trains thoracic mobility and rotational power — the engine of a great golf swing.

MIN
10

Stretch & Breathe

- Hamstrings: hinge forward, reach toward toes.
- Chest: clasp hands behind back, open chest up.
- Hip flexors: step one foot forward, drop back knee.
- Calves: heel to floor, lean into wall.
- Finish: 5 slow, deep breaths. Smile. You're done.

TARGET: Hold each stretch 15–20 seconds

COACH ALAN'S TIP

Never skip this final minute. Recovery is where your body adapts to the work you just completed. Finish with slow, deep breaths and leave feeling refreshed.

Day	Activity	What You're Doing
Monday	Strength Training (Gym or Home)	Strength training session.
Tuesday	ME40 Daily 10™	Complete the 10-minute routine.
Wednesday	Strength Training (Gym or Home)	Strength training session.
Thursday	ME40 Daily 10™	Complete the 10-minute routine.
Friday	Strength Training (Gym or Home)	Strength training session.
Saturday	ME40 Daily 10™ + Your Favorite Activity	Walking, hiking, pickleball, golf, biking, swimming — stay active.
Sunday	Active Recovery	Walking, stretching, yoga, or another light activity.

Yellow bar = Recommended strength or activity day

▲ Safety First — Please Read

- Consult your physician before beginning this or any exercise program, especially if you have medical conditions or recent injuries.
- Stop immediately if you experience chest pain, dizziness, or unusual shortness of breath.
- Modify any movement that causes pain — effort discomfort is normal; sharp or joint pain is not.
- Progress at your own pace. This program is designed to meet you where you are today.

Tick each box when you complete the day's routine and habits.

Even one habit checked is better than zero. Keep going.

Day	Workout	Protein	Walk	Water	Photo*
Day 01	☐	☐	☐	☐	☐
Day 02	☐	☐	☐	☐	☐
Day 03	☐	☐	☐	☐	☐
Day 04	☐	☐	☐	☐	☐
Day 05	☐	☐	☐	☐	☐
Day 06	☐	☐	☐	☐	☐
Day 07	☐	☐	☐	☐	PHOTO ☐
Day 08	☐	☐	☐	☐	☐
Day 09	☐	☐	☐	☐	☐
Day 10	☐	☐	☐	☐	☐
Day 11	☐	☐	☐	☐	☐
Day 12	☐	☐	☐	☐	☐
Day 13	☐	☐	☐	☐	☐
Day 14	☐	☐	☐	☐	PHOTO ☐
Day 15	☐	☐	☐	☐	☐
Day 16	☐	☐	☐	☐	☐
Day 17	☐	☐	☐	☐	☐
Day 18	☐	☐	☐	☐	☐
Day 19	☐	☐	☐	☐	☐
Day 20	☐	☐	☐	☐	☐
Day 21	☐	☐	☐	☐	PHOTO ☐
Day 22	☐	☐	☐	☐	☐
Day 23	☐	☐	☐	☐	☐
Day 24	☐	☐	☐	☐	☐
Day 25	☐	☐	☐	☐	☐
Day 26	☐	☐	☐	☐	☐
Day 27	☐	☐	☐	☐	☐
Day 28	☐	☐	☐	☐	PHOTO ☐
Day 29	☐	☐	☐	☐	☐
Day 30	☐	☐	☐	☐	☐

* Take a progress photo every Sunday (Days 7, 14, 21, 28). Skip daily weigh-ins — photos tell a better story.

👏 You completed the ME40 Daily 10™ Challenge!

Share your result with the Metabolic Edge 40+ community.

MetabolicEdge40.com

Exercise #1: March in Place

Marching in place is one of the simplest ways to get your body moving and prepare your muscles for the day ahead. Focus on good posture, controlled movement, and a pace that feels comfortable for your current fitness level.

Remember, this challenge isn't about perfection — it's about building consistency one day at a time.

How to Perform the Exercise

- ✓ Stand tall with your feet about hip-width apart.
- ✓ Lift one knee comfortably while swinging the opposite arm.
- ✓ Alternate legs in a smooth marching motion.
- ✓ Continue for 60 seconds at a comfortable pace.
- ✓ Breathe normally and keep your posture upright.

Why This Exercise Matters

Marching in place is the perfect way to begin your Daily 10 routine. It gradually raises your heart rate, increases circulation, loosens your joints, and prepares your body for the movements ahead.

Taking just one minute to warm up helps you move better, reduce stiffness, and get the most from every exercise that follows.

- ✓ Gradually increases your heart rate.
- ✓ Improves blood flow and circulation.
- ✓ Loosens your hips, knees, and ankles.
- ✓ Helps prepare your muscles and joints for exercise.
- ✓ Sets you up for a safer, more effective workout.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Stand tall with your shoulders relaxed.
- ✓ Keep your core gently engaged throughout the movement.
- ✓ Swing your arms naturally to improve coordination.
- ✓ Move at a pace that feels comfortable — you don't need to rush.
- ✓ Focus on smooth, controlled movement instead of speed.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job! Keep the momentum going by finishing the rest of today's Daily 10 habits:

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Smile — you've taken another step toward a healthier future!

Small daily actions create lasting results.

You're one step closer to a stronger, healthier future.

Continue to Exercise #2

Exercise #2: Chair Squats

Chair squats are one of the best exercises for building lower body strength safely after 40. They strengthen the muscles you use every day to sit down, stand up, climb stairs, and stay independent as you age.

By using a chair as your guide, you'll build strength and confidence while reducing stress on your knees.

Remember, good form is more important than speed. Focus on slow, controlled movement throughout every repetition.

How to Perform the Exercise

- ✓ Stand in front of a sturdy chair with your feet about shoulder-width apart.
- ✓ Push your hips back and slowly lower yourself until you lightly touch the chair.
- ✓ Press through your heels and stand back up without using your hands if possible.
- ✓ Keep your chest up and your core gently engaged throughout the movement.
- ✓ Continue for 60 seconds at a pace that feels comfortable.

Why This Exercise Matters

Chair squats strengthen the muscles in your legs, hips, and glutes that help you perform everyday activities with greater ease.

Benefits include:

- ✓ Builds leg and hip strength.
- ✓ Improves balance and stability.
- ✓ Makes sitting and standing easier.
- ✓ Supports healthy joints and mobility.
- ✓ Helps preserve muscle after 40.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your weight on your heels.
- ✓ Don't let your knees collapse inward.
- ✓ Stand up tall at the top of each repetition.
- ✓ Move slowly and stay in control.
- ✓ Use the chair for guidance — not to fully sit and rest.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level.

If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's second exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Every exercise brings you one step closer to a stronger, healthier you.

Small daily actions create lasting results.

Continue to Exercise #3

Exercise #3: Counter Push Ups

Counter push-ups are an excellent way to build upper body strength without the difficulty of traditional floor push-ups. By using a kitchen counter, sturdy table, or similar elevated surface, you reduce the amount of body weight you're lifting while still strengthening your chest, shoulders, arms, and core.

As your strength improves, everyday activities like pushing open heavy doors, carrying groceries, getting up from the floor, and lifting objects become easier.

Remember, quality is more important than quantity. Focus on slow, controlled movement and proper form throughout each repetition.

How to Perform the Exercise

- ✓ Stand facing a sturdy counter with your hands slightly wider than shoulder-width apart.
- ✓ Walk your feet back until your body forms a straight line from your head to your heels.
- ✓ Slowly bend your elbows and lower your chest toward the counter.
- ✓ Push yourself back to the starting position while keeping your body straight.
- ✓ Continue for 60 seconds at a comfortable pace.

Why This Exercise Matters

Counter push-ups strengthen the muscles in your chest, shoulders, arms, and core while placing much less stress on your joints than traditional push-ups.

Benefits include:

- ✓ Builds upper body strength.
- ✓ Improves pushing strength for everyday activities.
- ✓ Strengthens your shoulders and arms.
- ✓ Engages your core for better stability.
- ✓ Helps preserve muscle after 40.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your body in one straight line.
- ✓ Avoid letting your hips sag or lift too high.
- ✓ Lower yourself slowly and push back with control.
- ✓ Keep your elbows at about a 45-degree angle from your body.
- ✓ Breathe out as you push away from the counter.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's third exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Every exercise builds on the one before it.

Keep showing up — you're getting stronger with every step.

Small daily actions create lasting results.

Continue to Exercise #4

Exercise #4: High Knee March

High Knee March is an excellent exercise for improving balance, coordination, hip mobility, and lower body strength. By lifting your knees higher than a regular march, you challenge your balance while strengthening the muscles that help keep you stable during everyday activities.

This exercise also helps improve walking mechanics, posture, and confidence as you move throughout your day. Better balance can reduce your risk of falls and make climbing stairs, stepping over obstacles, and getting in and out of vehicles easier.

Remember, lift your knees only as high as feels comfortable. Good posture and controlled movement are far more important than speed.

How to Perform the Exercise

- ✓ Stand tall with your feet about hip-width apart.
- ✓ Lift one knee toward waist height — or as high as feels comfortable.
- ✓ Lower that foot and immediately lift the opposite knee.
- ✓ Swing your arms naturally while keeping your chest up and your core gently engaged.
- ✓ Continue for 60 seconds at a comfortable, controlled pace.

Why This Exercise Matters

High Knee March strengthens your hips, legs, and core while improving balance and coordination. These are essential skills that help you stay active, independent, and confident after 40.

Benefits include:

- ✓ Improves balance and stability.
- ✓ Strengthens your hip flexors and leg muscles.
- ✓ Enhances coordination.
- ✓ Improves walking and stair-climbing ability.
- ✓ Helps maintain mobility and independence as you age.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Stand as tall as possible throughout the movement.
- ✓ Lift your knees with control — don't rush.
- ✓ Keep your core gently engaged for better balance.
- ✓ Swing your arms naturally to improve coordination.
- ✓ Hold onto a chair or countertop if you need extra support.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's fourth exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Balance is something you build one step at a time.

Every repetition helps you move with greater confidence.

Small daily actions create lasting results.

Continue to Exercise #5

Exercise #5: Wall Plank

Wall Planks are an excellent way to strengthen your core, shoulders, chest, and upper body without having to get down on the floor. By using a wall for support, you can safely build core stability while reducing stress on your wrists, shoulders, and lower back.

A stronger core improves posture, balance, and everyday movement. Activities like standing for longer periods, lifting groceries, getting out of a chair, and protecting your back during daily tasks all become easier as your core strength improves.

Remember, this challenge isn't about holding the plank as long as possible — it's about maintaining good posture, controlled breathing, and building strength one day at a time.

How to Perform the Exercise

- ✓ Stand facing a wall with your forearms or hands placed against the wall at shoulder height.
- ✓ Walk your feet back until your body forms a straight line from your head to your heels.
- ✓ Tighten your abdominal muscles and gently squeeze your glutes to keep your body stable.
- ✓ Hold the position while breathing slowly and normally.
- ✓ Continue for 30–60 seconds, or as long as feels comfortable while maintaining good form.

Why This Exercise Matters

Wall Planks strengthen your abdominal muscles, shoulders, chest, back, and glutes while improving posture and stability.

A stronger core supports nearly every movement you make throughout the day and helps reduce the risk of lower back discomfort.

Benefits include:

- ✓ Builds core strength.
- ✓ Improves posture and spinal stability.
- ✓ Strengthens the shoulders and upper body.
- ✓ Helps protect the lower back.
- ✓ Improves balance and overall functional fitness.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your body in one straight line from head to heels.
- ✓ Avoid letting your hips sag or sticking them too high.
- ✓ Keep your core gently engaged throughout the hold.
- ✓ Relax your neck and keep your shoulders away from your ears.
- ✓ Breathe slowly and steadily — never hold your breath.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's fifth exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

A strong core is the foundation for better movement.

Every second you hold this plank is building strength for everyday life.

Small daily actions create lasting results.

Continue to Exercise #6

Exercise #6: Step Back Lunges

Step Back Lunges are one of the best exercises for strengthening your legs, improving balance, and building stability. Stepping backward places less stress on your knees than stepping forward, making this a great option for many adults over 40.

This movement strengthens your quadriceps, hamstrings, glutes, and core while improving coordination and helping you move more confidently during everyday activities like climbing stairs, getting up from a chair, and walking.

Remember, this challenge isn't about doing deep lunges — it's about moving with control, maintaining good posture, and becoming stronger one repetition at a time.

How to Perform the Exercise

- ✓ Stand tall with your feet about hip-width apart.
- ✓ Step one foot straight back while keeping your chest up.
- ✓ Lower both knees slightly until your front knee is comfortably bent.
- ✓ Push through your front heel to return to the starting position.
- ✓ Alternate legs for 30–60 seconds while maintaining slow, controlled movement.

Why This Exercise Matters

Step Back Lunges strengthen your legs, hips, glutes, and core while improving balance, stability, and lower-body mobility.

Strong legs make everyday activities easier while helping reduce the risk of falls and maintaining independence as you age.

Benefits include:

- ✓ Builds leg and glute strength.
- ✓ Improves balance and stability.
- ✓ Strengthens hips and core.
- ✓ Supports healthy knees through controlled movement.
- ✓ Makes climbing stairs and standing from a chair easier.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your chest lifted throughout the movement.
- ✓ Take a comfortable step backward — not too long or too short.
- ✓ Lower only as far as feels comfortable.
- ✓ Push through your front heel when returning to standing.
- ✓ Hold onto a chair or countertop if you need extra balance.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's sixth exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Stronger legs create greater confidence with every step.

Every repetition is building strength for everyday life.

Small daily actions create lasting results.

Continue to Exercise #7

Exercise #7: Standing Band Rows

Standing Band Rows are one of the best exercises for strengthening your upper back, shoulders, and posture. They help counteract the effects of sitting for long periods while improving pulling strength for everyday activities.

This movement strengthens the muscles between your shoulder blades, upper back, rear shoulders, and arms while helping improve posture and shoulder stability. A stronger upper back makes lifting, carrying, and reaching much easier.

Remember, this challenge isn't about using heavy resistance — it's about moving with control, maintaining good posture, and building strength one repetition at a time.

How to Perform the Exercise

- ✓ Stand on the center of the resistance band with your feet about hip-width apart.
- ✓ Hold one handle in each hand with your palms facing each other.
- ✓ Pull your elbows straight back while squeezing your shoulder blades together.
- ✓ Slowly return to the starting position with control.
- ✓ Continue for 30–60 seconds using smooth, controlled repetitions.

Why This Exercise Matters

Standing Band Rows strengthen your upper back, shoulders, arms, and core while improving posture and shoulder health.

A stronger back supports better posture, reduces neck and shoulder tension, and makes everyday activities like lifting groceries, carrying bags, and pulling doors open much easier.

Benefits include:

- ✓ Builds upper back strength.
- ✓ Improves posture and shoulder stability.
- ✓ Strengthens the arms and rear shoulders.
- ✓ Helps reduce rounded shoulders from sitting.
- ✓ Supports healthy functional movement.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your chest lifted throughout the movement.
- ✓ Pull your elbows back — not upward.
- ✓ Squeeze your shoulder blades together at the end of each repetition.
- ✓ Return slowly to maintain constant tension on the band.
- ✓ Keep your neck relaxed and avoid shrugging your shoulders.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's seventh exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

A stronger back helps you stand taller, move better, and feel more confident every day.

Every repetition is helping you move better and feel stronger.

Small daily actions create lasting results.

[Continue to Exercise #8](#)

Exercise #8: Heel Raises

Heel Raises are one of the best exercises for strengthening your calves, improving balance, and increasing ankle stability. Strong calf muscles make everyday movements like walking, climbing stairs, and standing for long periods much easier.

This movement strengthens your calves, ankles, and feet while improving lower-leg endurance and stability. Better calf strength also helps support healthy walking mechanics and overall balance as you age.

Remember, this challenge isn't about speed — it's about moving with control, maintaining good posture, and becoming stronger one repetition at a time.

How to Perform the Exercise

- ✓ Stand tall with your feet about hip-width apart.
- ✓ Hold onto a chair or countertop if needed for balance.
- ✓ Slowly raise your heels until you're standing on your toes.
- ✓ Pause briefly at the top while squeezing your calf muscles.
- ✓ Lower your heels slowly and repeat for 30–60 seconds using controlled movement.

Why This Exercise Matters

Heel Raises strengthen your calves, ankles, and feet while improving balance, stability, and lower-leg endurance.

Strong calves make walking, climbing stairs, standing for long periods, and maintaining balance easier while helping reduce the risk of falls.

Benefits include:

- ✓ Builds calf strength.
- ✓ Improves ankle stability.
- ✓ Enhances balance and coordination.
- ✓ Supports healthy walking and mobility.
- ✓ Makes everyday movement easier.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Move slowly — don't bounce.
- ✓ Pause briefly at the top of each repetition.
- ✓ Lower your heels under control.
- ✓ Keep your knees relaxed, not locked.
- ✓ Hold onto a chair if you need extra balance.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's eighth exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Stronger calves give you better balance and confidence with every step.

Every repetition is helping you build stability for everyday life.

Small daily actions create lasting results.

We'll see you in Exercise #9!

Continue to Exercise #9

Exercise #9: Golf Rotations

Golf Rotations are an excellent exercise for improving torso mobility, spinal rotation, and core flexibility. This simple movement helps keep your body moving well while making everyday twisting, reaching, and turning easier.

This exercise improves mobility through your shoulders, upper back, hips, and core while helping reduce stiffness that often develops from sitting for long periods. Better rotational mobility supports balance, posture, and comfortable movement throughout the day.

Remember, this challenge isn't about rotating as far as possible — it's about moving slowly, maintaining good posture, and increasing mobility one repetition at a time.

How to Perform the Exercise

- ✓ Stand tall with your feet about shoulder-width apart.
- ✓ Hold your hands together in front of your chest.
- ✓ Slowly rotate your upper body to one side while keeping your hips facing forward.
- ✓ Return to the center and rotate to the opposite side.
- ✓ Continue alternating sides for 30–60 seconds using slow, controlled movement.

Why This Exercise Matters

Golf Rotations improve spinal mobility, core movement, and flexibility while helping your body move more naturally through everyday activities.

Better rotational mobility makes turning, reaching, getting in and out of a car, and many daily movements feel easier while helping reduce stiffness.

Benefits include:

- ✓ Improves torso mobility.
- ✓ Increases spinal flexibility.
- ✓ Strengthens the core through controlled movement.
- ✓ Helps reduce stiffness.
- ✓ Supports better balance and posture.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Keep your hips facing forward.
- ✓ Rotate slowly without forcing the movement.
- ✓ Keep your chest lifted throughout the exercise.
- ✓ Breathe naturally as you rotate.
- ✓ Stay within a comfortable range of motion.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's ninth exercise!

Keep building momentum by completing the rest of your Daily 10 habits.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — every healthy choice adds up.

Keep Going!

Better mobility helps you move more freely and enjoy everyday life.

Every rotation is improving flexibility, balance, and confidence.

Small daily actions create lasting results.

We'll see you in Exercise #10!

Continue to Exercise #10

Exercise #10: Stretch and Breathe

Stretching and focused breathing help your body recover after exercise while improving flexibility, posture, and relaxation. Finishing your workout with a few minutes of gentle stretching can reduce muscle tightness and help you feel refreshed for the rest of your day.

This exercise improves flexibility, increases circulation, and encourages deep breathing that helps calm your nervous system. Recovery is just as important as movement because it's when your body adapts and becomes stronger.

Remember, this challenge isn't about stretching as far as possible — it's about relaxing, breathing deeply, and allowing your body to recover one breath at a time.

How to Perform the Exercise

- ✓ Stand comfortably with your feet shoulder-width apart.
- ✓ Slowly stretch your arms overhead while taking a deep breath in.
- ✓ Gently reach side to side and loosen your shoulders, chest, and upper back.
- ✓ Slowly exhale while relaxing your arms and shoulders.
- ✓ Continue stretching and breathing deeply for 30–60 seconds.

Why This Exercise Matters

Stretching and deep breathing improve flexibility, circulation, and recovery while helping reduce stress and muscle tension.

Taking just one minute to slow down allows your body to recover, improves mobility, and leaves you feeling energized instead of fatigued.

Benefits include:

- ✓ Improves flexibility and mobility.
- ✓ Helps reduce muscle tightness.
- ✓ Promotes relaxation and recovery.
- ✓ Encourages better posture.
- ✓ Helps reduce stress through deep breathing.

Pro Tips

Get the most out of this exercise with these simple tips:

- ✓ Move slowly and never force a stretch.
- ✓ Take slow, deep breaths throughout the movement.
- ✓ Relax your shoulders and neck.
- ✓ Stretch only to a comfortable range.
- ✓ Finish feeling refreshed — not exhausted.

Safety Reminder

Always exercise at a pace that feels comfortable for your current fitness level. If you experience pain, dizziness, or shortness of breath, stop exercising and consult your healthcare provider before continuing.

Today's Daily 10 Challenge

Great job completing today's tenth and final exercise!
Now finish today's healthy habits to complete your Daily 10.

- ✓ Complete today's workout.
- ✓ Eat 120 grams or more of protein.
- ✓ Walk for at least 30 minutes.
- ✓ Drink at least 64 ounces of water.
- ✓ Celebrate your progress — you've earned it!

Congratulations!

Congratulations!

You just completed the ME40 Daily 10 Challenge!

Ten simple exercises. Just ten minutes invested in your health.

Keep showing up, keep moving, and keep building the healthy habits that will serve you for years to come.

The goal isn't perfection — it's consistency.

Come back tomorrow and start your Daily 10 again.

Return To Daily 10