

Lifestyle Blueprint

Six habits that protect your results, without living in the gym or stuck on a diet.

I went from postpartum and insecure to IFBB Pro without crash dieting or punishing cardio, and this is the exact approach I now coach. Most women fear maintenance because they think it means stopping the work. In reality, it's where the magic happens: the season where you lower cortisol, protect your hard-earned muscle, and finally enjoy the results of your consistency.

VAL LUSVARDI · IFBB PRO & LIFESTYLE COACH

6

NON-NEGOTIABLES FOR OWNING
YOUR “AFTER,” NOT JUST VISITING IT

— THE NON-NEGOTIABLES · 1 TO 3

Train and eat for the long game.

Stop chasing the burn. These first three keep your metabolism strong and your social life intact, so the lifestyle actually lasts.

1

Muscle is your metabolic insurance

Stop training to burn calories and start training to build capacity. When you're simply living life, you lift heavy to protect bone density and keep the metabolic fire burning.

GOAL · 3 QUALITY STRENGTH SESSIONS / WEEK

2

The protein-first social rule

A lifestyle that works doesn't mean missing family dinners or date nights. When you eat out, anchor your meal with 30 to 40g of protein first. It stabilizes blood sugar and keeps you satisfied, so you can enjoy the extras without the guilt.

3

Non-exercise movement (NEAT)

High-intensity cardio can spike cortisol in our 40s and beyond. Trade the grueling treadmill session for living movement: walk with your kids, park further away, take the stairs.

HABIT · 6K STEPS MINIMUM

— THE NON-NEGOTIABLES · 4 TO 6

Recover like it's part of the work.

Strength is built in the rest. These last three protect your hormones, lower your stress, and keep your internal health on track.

4

Prioritize the 9pm wind-down

Sleep is when your hormones reset. Poor sleep means high ghrelin, and more hunger the next day. Protect your sleep like your physique depends on it, because it does. Dim the lights, put the phone away, and aim for 7 to 8 hours of quality rest.

5

Strategic recovery rituals

A sustainable lifestyle includes tools that lower your systemic stress. Whether it's red light therapy, a 5-minute breathwork session, or a slow mobility flow, making time for recovery is a pro habit.

6

Your check-engine light

Living well means optimizing your internal health. Stay consistent with your health stack (supplements / HRT) and keep an eye on your labs. You can't out-train a hormonal imbalance. Health always comes first.

— YOUR NEXT STEP

Ready to own your after?

Knowing these six is the easy part. Living them consistently, through kids, work, and perimenopause, is where most women get stuck. That's exactly what I coach.

Book a free call and we'll map your maintenance plan and see if 1:1 coaching is the right fit. No pressure, no pitch. Just a real conversation about where you want to go.

[Schedule your onboarding call →](#)

STRENGTHTRAINWITHVAL.COM

Built from real coaching with women 35+ who are done with crash diets and ready to feel capable again. No restriction. No shame. Just strength that lasts.

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