

HEALTHIER
PEOPLE
BRIGHTER
TOMORROWS

Healthy After 40

SAME
TODAY
STRONGER
TOMORROW

A science-backed Indian guide to
prevention, reserve, and healthy ageing

Build reserve. Know your risks. Stay capable.

Cook
Indian food



Lift
for a stronger
tomorrow



Walk
more. Live better.



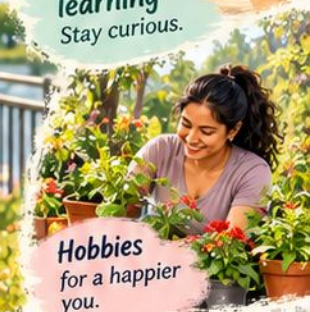
Sleep well
Recover. Reset.



Keep
learning
Stay curious.



Hobbies
for a happier
you.



Preventive
care keeps you
ahead.



Dr Sucheendra K Palaniappan | Researcher



1
Why 40
matters



2
Move
and lift



3
Eat
Indian well



4
Gut
health



5
Sleep
and stress



6
Know your
numbers



7
Prevention
and tests



8
Heart, liver,
kidneys



9
Supplements



10
10-year
plan



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suchee.org/after-40 Updated 22 October 2026

HEALTHY AFTER 40

01 / 14

Start here

Education, not medical advice. Talk to your doctor.

Why 40 matters

Build reserve
before
problems
appear.

Your next decade is when preventable
risk begins to accumulate.



Muscle reserve and strength

Keeps you active,
prevents frailty,
protects bones.

Build reserve
before problems
appear.



Sleep quality

Better sleep
sharpens memory,
mood and heart health.

Good sleep today
builds a healthier
tomorrow.



Stress and recovery

Less chronic stress
supports your heart,
immunity and mental health.

Movement, sleep,
food and stress
all compound.



Blood pressure and vessels

Most future risk
grows quietly.

Keep numbers
in a healthy range
to protect your
heart, brain and
kidneys.



Waist and metabolism

A healthy waist
lowers diabetes,
heart and fatty liver risk.

Small changes
now have
big long-term
benefits.



Long-term independence

A healthy today
means more freedom
tomorrow — to work,
travel, play and enjoy
what you love.

Prevention works
best before
disease is obvious.

From a researcher's perspective
Dr Sucheendra K Palaniappan | Researcher



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HEALTHY AFTER 40

02 / 14

Why 40 matters

Education, not medical advice. Talk to your doctor.

Your body is a connected system

Sleep, muscle, liver, gut, vessels and brain constantly influence one another.



Better sleep improves appetite, mood and blood pressure.



The brain is shaped by sleep, stress, movement and connection.



Exercise helps several systems at once.



The gut affects comfort, regularity and food quality.



The liver and metabolism respond to alcohol, weight and diet.



Think in systems, not isolated numbers.

*Whole body
Better health
Brighter tomorrow*



Move, lift, stretch, breathe

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Aerobic fitness and strength are the core.
Mobility and breathing help too.



Aim for weekly aerobic activity.

At least 150 minutes of moderate activity or 75 minutes of vigorous activity.



Mobility keeps you moving well.

Gentle stretching and mobility work can improve flexibility, posture and reduce stiffness.



Lift weights or use resistance at least twice a week.

Include all major muscle groups (legs, hips, back, chest, shoulders and arms).



Protect muscle now to protect ageing later.

Stronger muscles help you stay independent, balance better and reduce risk of falls.



Breathing and yoga can help stress and flexibility, but they do not replace strength and cardio.

They reduce stress, improve breathing and can support flexibility and overall well-being.

MOVE
MORE
SIT LESS
😊



Sit less. Break up long sitting.

Stand up, stretch or walk for a few minutes every 30–60 minutes.

LITTLE
BREAKS
MAKE A BIG
DIFFERENCE
😊

4



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04 / 14

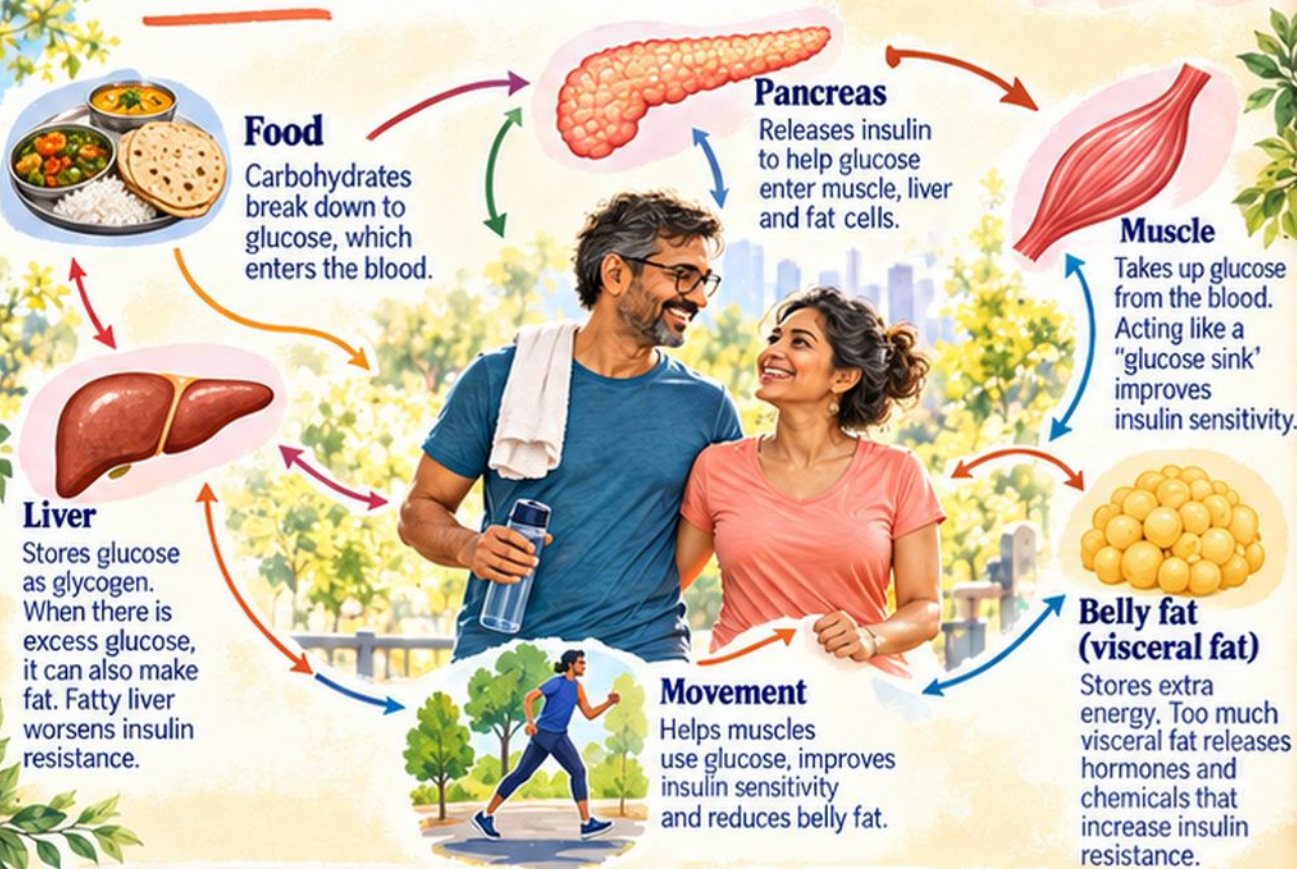
Move, lift, stretch

Education, not medical advice. Talk to your doctor.

The metabolic traffic system

Glucose, insulin, liver, fat and muscle talk to each other.

It's a team.
When one part
struggles, the
whole system
is affected. ❤️



1 Extra visceral fat raises insulin resistance.

Fat around the organs (visceral fat) releases hormones and chemicals that make it harder for insulin to work.



2 Muscle is a glucose sink.

Active muscles take up glucose from the blood. More muscle helps keep sugar levels in check, even at rest.



3 Sleep loss and stress can worsen appetite and sugar control.

Poor sleep and long-term stress can increase hunger hormones, cravings and insulin resistance.



4 Fatty liver is part of the same system.

When there is excess glucose and fat, the liver stores fat. A fatty liver can worsen insulin resistance.



5 Weight around the waist matters more than the scale alone.

A higher waist size is a clearer risk signal than weight alone, especially for Indians.



6 Small daily habits can reverse the trend.

Better food choices, regular movement, good sleep and stress management can improve insulin sensitivity and reduce belly fat.



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HEALTHY AFTER 40

05 / 14

Metabolic health

Education, not medical advice. Talk to your doctor.

Eat Indian food well

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Protect muscle, metabolism and gut with quality food patterns.



Protein at each meal helps protect muscle.

Include dal, legumes, paneer, eggs, fish, chicken or curd in regular meals.



Keep the rice or roti. Add enough protein.

Enjoy your favourite Indian staples. Pair with dal, beans, paneer, egg, fish, chicken or curd.



Vegetables, legumes, fruit and whole foods improve fibre quality.

Aim for a variety of colours and textures every day.



Curd and fermented foods can fit into a healthy gut pattern.

Curd, buttermilk, idli, dosa, idli batter and other fermented foods support gut health.



Hydration matters.

Water, herbal teas, unsweetened buttermilk and nimbu pani help you stay energised.



Earlier dinners may help some people, but there is no magic 6 pm rule.

Aim for a comfortable gap between dinner and sleep. Choose lighter, home-cooked meals at night.



Do not chase fads. Build a pattern you can keep.

There are no superfoods or quick fixes. Good food patterns, enjoyed over time, work best.

- ✓ Real Indian food
- ✓ Quality protein
- ✓ More plants
- ✓ Stay hydrated
- ✓ Eat mindfully
- ✓ Be consistent



Gut health without hype

Feed the microbiome. Do not worship it.

Good food today, a happier tomorrow.

Fibre
Fermented foods
Curd
Colourful food
Happy gut
Happier you

Real food
for a resilient
gut.



Fibre feeds a healthy gut

- Fibre from vegetables, fruits, dals, beans and whole grains helps the gut.



Curd and fermented foods can be useful

- Curd, idli, dosa, kanji, fermented vegetables and other traditional foods can support gut health.



Constipation often improves

- Usually gets better with more fibre, water and movement.



Antibiotics and acid medicines

- Antibiotics and overuse of acid medicines (PPIs) can affect the gut bacteria.



Know the red flags

- Seek medical advice if there is bleeding, weight loss, severe pain or a change in bowel habit.



Most gut products are unnecessary

- Expensive probiotics and gut cleanses are not needed for most people. Focus on real food and healthy habits.

Chew well. Protect your mouth.



- **Chew food well**
Helps digestion and reduces strain on the gut.



- **Keep good oral hygiene**
Less harmful bacteria in the mouth can help your gut too.



- **The mouth and gut are connected**
The same microbes can move between them, so a healthy mouth supports a healthy gut.



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07 / 14

Gut health

Education, not medical advice. Talk to your doctor.

Sleep, stress, hobbies and connection

A good life is part of health.



Protect sleep as seriously as diet and exercise.



Snoring, gasping or daytime sleepiness may mean sleep apnoea.



Chronic stress raises risk through behaviour and biology.



Music, reading, gardening and hobbies are good for mood and attention.



Have people who expect to see you.



Purpose and relationships protect long-term health.



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08 / 14

Sleep, stress, connection

Education, not medical advice. Talk to your doctor.

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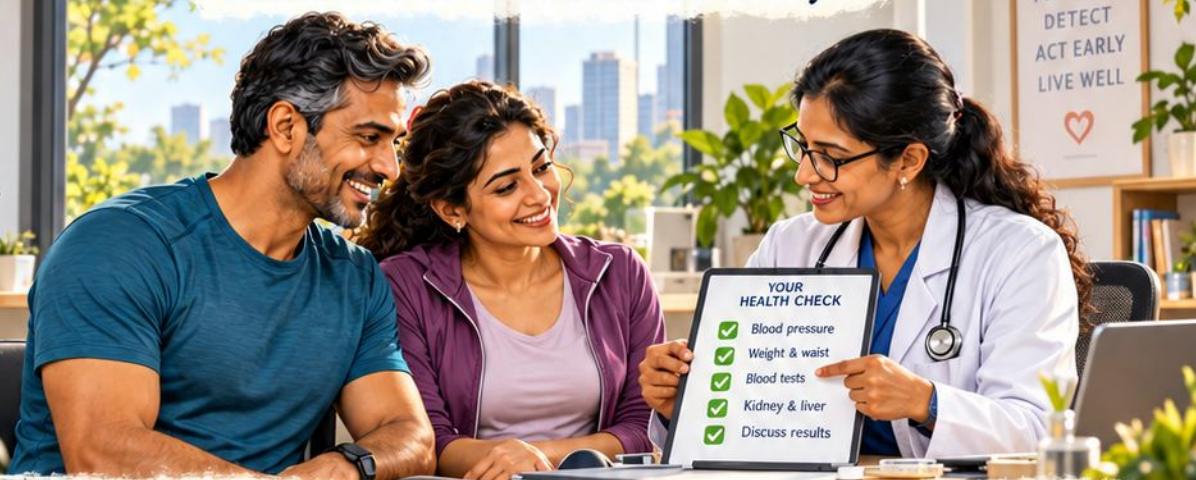
Know your numbers

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Annual review beats late discovery.

REGULAR
CHECK-UPS
LEAD TO
BRIGHTER
TOMORROWS

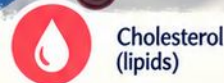
PREVENT
DETECT
ACT EARLY
LIVE WELL



Track blood pressure, waist, weight and sleep.

Check fasting glucose or HbA1c when appropriate.

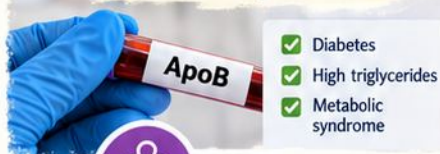
Check a lipid panel: LDL-C and non-HDL-C matter.



ApoB can refine risk, especially with diabetes, high triglycerides, or metabolic syndrome.

Lipoprotein(a), or Lp(a), is worth checking at least once in adulthood.

Review kidney and liver tests when risk factors or medicines make them relevant.



Yearly, or as advised



BP

Weight and waist

Glucose/HbA1c

Lipids

Doctor review

Discuss your numbers with your doctor and make a plan for the year ahead.



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09 / 14

Know your numbers

Education, not medical advice. Talk to your doctor.

Protect your heart, liver and kidneys

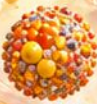
The big chronic risks often stay silent for years.



Check blood pressure and act early.



LDL and non-HDL cholesterol matter.



ApoB



ApoB can be useful selectively, especially when risk seems unclear.



Measure Lp(a) once in adulthood.



Watch for sleep apnoea or loud snoring.

Poor sleep can raise blood pressure and heart risk.



Tobacco harms vessels, heart and kidneys.



Alcohol adds liver and metabolic risk.



Protect kidney function through blood pressure, diabetes control and avoiding needless damage.



Women and men in midlife

KNOW
TODAY
FOR A
HEALTHIER
TOMORROW

Some risks and transitions become more relevant in the 40s.

For women in their 40s



Perimenopause is real and treatable.

Hormonal changes can cause hot flashes, night sweats, vaginal changes and other symptoms. Talk to a health professional about options.



Changing cycles are common.

Periods may become irregular, heavier or lighter as hormones fluctuate.



Do not normalize persistent sleep or mood disruption.

Sleep disturbance, anxiety, low mood and irritability are common and treatable. Seek help if they persist.



Screening and strength for bone and muscle.

Bone loss can accelerate after 40. Ensure adequate calcium, vitamin D, protein and do weight-bearing and resistance exercises.



Strength training helps both sexes.

Builds muscle, stronger bones, better balance, healthier metabolism and a brighter mood. Start at any age.



For men in their 40s



Central weight gain is common.

Metabolism slows and belly fat increases, raising diabetes, heart disease and fatty liver risk. Focus on healthy food, regular exercise and good sleep.



Loud snoring deserves attention.

It can be a sign of sleep apnoea, which increases risk of high blood pressure, heart disease and diabetes. Get evaluated.



Erectile dysfunction can sometimes signal vascular risk.

It may be an early sign of heart and blood vessel problems. Do not ignore it. Discuss with a doctor.



Urinary symptoms can increase.

More frequent urination, weaker flow or getting up at night can be due to prostate enlargement. Get it checked, especially if symptoms bother you.



Midlife checklist for both

- ☐ Move more
- ☐ Eat well
- ☐ Sleep better
- ☐ Manage stress
- ☐ Get the right check-ups
- ☐ Stay connected
- ☐ Invest in the next 10 years



Screening, vaccines and maintenance

Preventive care finds problems earlier.



Ask what screening fits your age, family history and risk.



Colorectal screening usually starts around 45.



Keep up cervical and breast screening as advised.



Oral cancer matters, especially if you use tobacco.



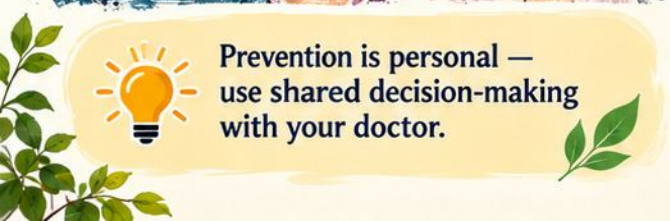
Check teeth, gums, vision and hearing.



Stay updated on vaccines: flu, COVID, tetanus/Tdap, and others when eligible or advised.



Prevention is personal — use shared decision-making with your doctor.



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12 / 14

Screening and vaccines

Education, not medical advice. Talk to your doctor.

Supplements: useful, selective, or hype?

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Food first. Pills only for a reason.



Useful when needed:

vitamin D, B12, iron,
calcium, or protein
powder.



Check with your doctor
if you have kidney disease
or take many medicines.



Creatine

may help some
active adults.



Be skeptical of megadoses,
detoxes, IV drips, and miracle
anti-ageing stacks.



NMN and many longevity
supplements are still uncertain,
not proven essentials.



May help

Useful for some people, when needed.



protein
powder



creatine



vitamin D



B12



Often overhyped

Little evidence for most people.



detox
cleanses



IV drips



mega
stacks



miracle
boosters



Supplements can fill gaps, not replace a healthy diet, exercise, sleep and stress management.



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Your 10-year operating system

Small consistent habits beat heroic bursts.

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Daily

Small choices every day add up to big results.

- ☐ move
- ☐ eat protein
- ☐ eat plants and fiber
- ☐ sleep
- ☐ no tobacco



Weekly

Build habits that keep you on track.

- ☐ strength train
- ☐ plan meals
- ☐ hobby or social time
- ☐ stress reset



Yearly

Check. Track. Stay ahead.

- ☐ BP
- ☐ weight and waist
- ☐ glucose or HbA1c
- ☐ lipids
- ☐ doctor review
- ☐ dental and eye care



Occasional

Additional tests at the right time, with your doctor.

- ☐ ApoB
- ☐ Lp(a)
- ☐ vaccines
- ☐ cancer screening
- ☐ more tests if your doctor advises



The goal is to stay strong, capable and metabolically healthy through your 40s, 50s and beyond.

14



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14 / 14

Your 10-year plan

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