

Stronger Over 60

YOUR 5-MINUTE KITCHEN STRENGTH PLAN + PROTEIN GUIDE

STICK THIS
ON YOUR FRIDGE.
Start here.
♥



If you've started feeling weaker, more tired, or just not quite like yourself...

this is where you take back control.

No gym clothes. No pressure.

Just you, your kitchen counter — and 5 minutes.

THE 5-MINUTE "KETTLE-BOIL" WORKOUT



Do this while the kettle boils, toast pops, or dinner cooks.

1



COUNTERTOP PUSH-UPS (10 REPS)

Hands on the edge of the counter, feet stepped back. Lower your chest, then push away.



Builds arm and chest strength (hello, carrying groceries with ease).

2



THE "WAITING FOR TOAST" SQUAT (10 REPS)

Hold the counter for balance. Sit your hips back like you're aiming for a chair, then stand tall.



Strengthens legs and improves balance.

3



KITCHEN CALF RAISES (15 REPS)

Rise up onto your tiptoes, hold for 1 second, then slowly lower.



Supports stability, ankles, and circulation.

4



THE SOUP CAN CURL (10 REPS PER ARM)

Grab two cans (beans will do nicely 😊). Keep elbows tucked, curl toward your shoulders.



Helps with everyday lifting and arm strength.

THE SIMPLE PROTEIN RULE (THIS CHANGES EVERYTHING)

After 50, we naturally lose muscle every year.

Protein + strength training is how we slow that down — and stay strong.

→ AIM FOR **±30g** OF PROTEIN PER MEAL → CHOOSE ONE OF THESE:



CHICKEN OR TURKEY

piece the size of a deck of cards



GREEK YOGURT

±1½ cups (one large tub)



FISH (SALMON/TUNA)

one fillet or one large tin



EGGS

2 whole eggs + 3 egg whites



LENTILS/BEANS

1½ to 2 cups cooked



It's not about being thin.

It's about being strong, steady, and vibrant — at any age.

You don't need perfect. You just need to *start.* ♥

More simple strength tips at *The Frannie Files* ♥

www.franniefiles.com/blog