

TheUntaughtMan

Free Resource

THE MIDLIFE MALE BLUEPRINT

12 things I wish someone had handed me at 40.

This isn't a medical guide.

It's the starting point I had to find on my own — across weight, hormones, fitness, appearance, and intimacy.

The questions worth asking.

The things nobody told us.

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BEFORE YOU READ THIS

"This is all normal stuff men deal with. We're just too afraid to talk about it."

I'm not a doctor. I'm not a certified anything. I'm a guy in his early 50s who spent years feeling tired, heavier than I wanted to be, and not quite myself — and I wasn't willing to accept "old age" as the reason why.

What follows is the list I built the hard way — through research, trial and error, uncomfortable conversations, and a lot of things I wish someone had just told me earlier.

None of this is medical advice. All of it is real. If even one thing on this list makes you ask a question you weren't asking before — that's the whole point.

Note: This document references tools and approaches that worked for me personally. They may not be right for everyone. Always consult a qualified healthcare provider before making changes to your health routine.

Weight & Metabolism

The things that used to work – and why they stopped.

01 Your metabolism changed. Your approach probably didn't.

The diet and exercise that worked at 25 and 35 often don't work at 45. Not because you're doing it wrong — because your body's hormones have shifted. Caloric restriction plus cardio often works against your biology after 40, not with it. Your approach needs to change, not just the effort.

→ *Ask yourself: Am I doing what worked before, or what works now?*

02 Food noise is biology, not weakness.

If you hold it together all day and fall apart at night — eating past fullness, stress-eating without realizing it — that's not a failure of discipline. Caloric restriction increases hunger hormones. By evening, your body has been signaling for hours. Understanding this changes everything about how you approach food noise. The problem isn't your willpower. It's the system you've been using.

→ *Ask yourself: Am I fighting biology with willpower?*

03 Muscle burns fat. Cardio burns cardio.

Building muscle changes your body's baseline — it burns calories at rest. Long cardio sessions burn during the session, and then that's it. This might have been the hardest thing for me to learn. For men over 40 —who naturally lose muscle mass—prioritizing lifting over cardio is often a more effective approach. Add low-impact cardio like incline walking to support heart health without disrupting recovery.

→ *Ask yourself: What's my lifting-to-cardio ratio?*

Hormones & Testosterone

Normal isn't the same as optimal.

04 'Normal' covers a very wide range.

The standard testosterone range runs roughly 300–1000 ng/dL. That's a 700-point spread. Most primary care physicians flag anything below 300 — they're not trained to optimize where you sit within the range. Being told you're 'normal' at 356 ng/dL (*like I was*) is technically accurate. It's also not the whole picture. Ask for the actual number. Ask where in the range you are.

→ *Ask your doctor: What is my actual number?*

05 The signs often have nothing to do with sex drive.

Low testosterone shows up as tiredness that sleep doesn't fix. A shorter fuse. Less drive. Your body composition changing, even though your habits haven't. More anxious or more checked out. These aren't just aging. They're symptoms that often have a biological cause — and a biological answer.

→ *Ask yourself: How many of these sound familiar?*

06 There are options beyond TRT — and beyond accepting it.

Traditional testosterone replacement therapy works for many men, but it replaces natural production. Alternatives like enclomiphene stimulate the body's own production rather than bypassing it. The conversation about men's hormonal health has advanced significantly over the years. You don't have to choose between declining and injections. Do the research. Find a provider who specializes in this area, not just your primary care physician.

→ *Ask yourself: Have I actually explored my options?*

Strength & Fitness

You're not training for how you want to look. You're training for who you'll be at 75.

07 Stop training like you're 35.

The same workouts, the same intensity, the same recovery expectations — applied to a body ten or fifteen years older — is a recipe for diminishing returns and injury. A 50-year-old body needs smarter effort, not just more effort. Longer recovery windows. More attention to joint health. Prioritizing compound movements over isolation exercises. This isn't giving up. It's upgrading.

→ *Ask yourself: Am I training with or against my age?*

08 Recovery is half of training – not a reward for it.

Sleep. Sauna. Cold exposure. Massage. Rest days. These aren't indulgences. Recovery is where the results of training actually get built. Men who treat rest as weakness spend years wondering why they're not progressing. Men who treat recovery as part of their program consistently outperform those who don't. The goal isn't to train harder. It's to recover well enough to train hard consistently.

→ *Ask yourself: What does my recovery actually look like?*

09 Train for the life you want at 75, not the body you want at 50.

Getting out of a chair. Walking up stairs. Taking trips when you're retired. Playing with your grandchildren. The foundation you build in your 40s and 50s is the one you stand on in your 60s and 70s. Waiting until you're 60 is too late. The men who are mobile, active, and independent in their 70s and 80s started earlier than they thought they needed to.

→ *Ask yourself: Am I building myself for the life I want?*

Hair, Skin, & Appearance

It's not vanity. It's taking care of yourself for yourself.

10 What you put on your face matters. Nobody told us that.

Most men in their 40s and 50s have been washing their faces with whatever soap was nearby for decades. The skin on your face is not the same as the skin on your body — it needs different care. A basic routine — a proper face wash, moisturizer with SPF, and something for overnight repair — takes three minutes and makes a real difference over time. You don't need a 12-step system. You need to start.

→ *Action: Start with a face wash and a moisturizer.*

11 Hair loss has more options than you think — and earlier is better.

The conversation around hair loss has evolved significantly. Peptides like GHK-Cu, combined with other approaches, can slow or partially reverse thinning when started early enough. The men who get ahead of it in their 40s have significantly more to work with than those who wait until it's advanced. If you've noticed thinning, the time to look into options is now — not when it becomes undeniable.

→ *Ask yourself: Have I actually looked into my options?*

Intimacy & Connection

Nobody taught us how to talk about this. That silence has a cost.

12 The script we were handed about sex – question it.

We learned the script from movies, TV, porn, and wherever else we could figure it out. We absorbed a sequence nobody wrote down explicitly — and most of us have followed it without questioning whether it was actually serving us or our partners. The couples who have the best intimacy aren't the ones who got lucky with chemistry. They're the ones who actually talked about it. The conversation feels awkward the first time. It gets easier. And everything that comes after it is better.

→ *Ask yourself: When was the last time my partner and I really talked about sex?*

→ Spontaneous desire doesn't disappear because something is wrong.

It disappears because you and your partner are human, and busy, and running on empty. Scheduling intimacy isn't unromantic — it's intentional. You scheduled sex early in your relationship. You called it a date. The intention was always there. Bringing it back isn't a sign of decline. It's a sign of choosing each other on purpose.

→ *Ask yourself: Are you and your partner choosing each other intentionally?*

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What comes next

You don't have to figure this out alone.

A stranger on a podcast gave me permission I didn't know I needed.

That permission changed the trajectory of my health and my marriage.

This blueprint is that permission for you.

This is all normal stuff men deal with. We're just too afraid to talk about it.

That ends when one of us decides to go first.

Where to go from here

- ▶ Follow along on Instagram – @theuntaughtman. Real talk on all five pillars. Personal stories, real numbers, honest updates.
- ▶ Visit healthyjonjourney.com – Each pillar has a tools page with the specific resources and products I use and trust. No fluff, no recommendations I haven't tried myself.
- ▶ Start one conversation – With your doctor, your partner, or yourself. Pick the pillar that resonated most. Ask the question at the bottom of that page. That's the whole move.
- ▶ Share this – If something in here hit, send it to a man who needs it. Most men in your life are dealing with at least one of these things quietly. You just gave them a place to start.

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No spam | No upsell | Just real stuff