

Your doctor said "lifestyle changes." Here's exactly how.

A no-overhaul method for men 40+. One small habit at a time — the way that actually sticks.

"Lifestyle changes." Two words, no instructions. Then you're back in the parking lot outside the doctor's office, wondering where to even start.

Here's the part nobody hands you: **you don't need an overhaul.** Overhauls fail fast — roughly four in five big resolutions are abandoned within weeks, most before February's even over. What works is boring and almost insultingly simple — one small habit, repeated until it runs on autopilot, then the next. That's the whole method. Four steps, plus the three things that keep it going when motivation doesn't.

1

Get it all on paper

Before you change anything, empty your head onto a list. What did your doctor actually name? What have you already been avoiding? Don't filter — just list. Common ones for guys our age:

- Move more — a daily walk, not a marathon plan
- The nightly drinks
- Protein at breakfast, fewer late-night carbs
- Sleep — actually getting 7 hours
- Sitting all day / stress that won't quit

Aim for three to six. **This isn't a to-do list — it's a menu. You're going to pick one.**

2

Pick ONE. Decide when and where.

This is where most plans die: people pick five. Pick **one** — the smallest, most can't-fail one on your list. Then make it real with a *when* and a *where*:

"Walk more."



"10-minute walk after dinner, around the block."

"Eat better."



"Eggs instead of cereal, weekday mornings."

"Drink less."



"No beer Monday through Thursday."

Pin the new thing to something you *already* do — after dinner, after I brush my teeth, when I pour my morning coffee. That hook is what makes it stick. Then run it for one week and just watch: Did it fit? What got in the way? **You're experimenting, not signing a contract.**

3

Week went well? Add the next one.

If it held — even mostly — keep it and add the second thing from your list. Same drill: smallest version, when and where, pinned to something.

If it *didn't* hold, don't add anything. Shrink the first one until it's almost too easy, and run it again. A 2-minute walk beats a skipped 30-minute one every time.

4

One new thing a week. That's the pace.

Keep stacking, one habit a week, and only when the last one's holding. It feels slow. It's supposed to. In three months that's a dozen small things running on their own — more real change than any January overhaul ever delivered.

THREE THINGS THAT KEEP IT GOING

1

Be honest about your time — small still counts.

Don't plan for the life you wish you had. Plan for the Tuesday you actually have. Five minutes counts. One walk counts. The guy who does the small version on a busy week beats the guy who does nothing because he couldn't do the big one.

2

Keep your "why" close.

Write down why this matters and why *now* — and be specific. "I want to get on the floor with my kids without my back screaming." "I don't want to end up on the meds my dad was on." Keep it on your phone. Read it when the 8pm temptation hits. Motivation fades; a written why holds.

3

Setbacks are normal — get back on the horse.

You'll miss days. Everyone does. A missed day isn't a relapse, it's a Tuesday. Don't wait for Monday to restart — restart at the next meal, the next walk, today. The only move that matters is the next one.

This is coaching, not medical advice — the actual numbers (cholesterol, blood pressure, labs) belong to you and your care team. This is about the habits underneath them.

Want a coach who runs this with you over text — nudges you, adjusts when life gets loud, keeps your why in front of you? **That's Summit — try it free for 14 days** at summithealth.app/use-cases/lifestyle-changes

Your starting plan

Fill this in and keep it handy — on your phone, on the fridge, wherever you'll see it.

My candidates — what I could work on (list three to six)

- 1

- 2

- 3

- 4

- 5

- 6

The ONE I'm starting with this week

When + where I'll do it (be specific — pin it to something you already do)

My why — why this, why now (read it when it gets hard)

THE RULE, ONE MORE TIME

One habit. When and where. Run it a week. If it holds, add the next. If it doesn't, shrink it. Small counts. **Setbacks are normal — just take the next step.**