



Fuelling Fitness

Nutrition Strategies for Active Aging

Sunday October 19, 2025



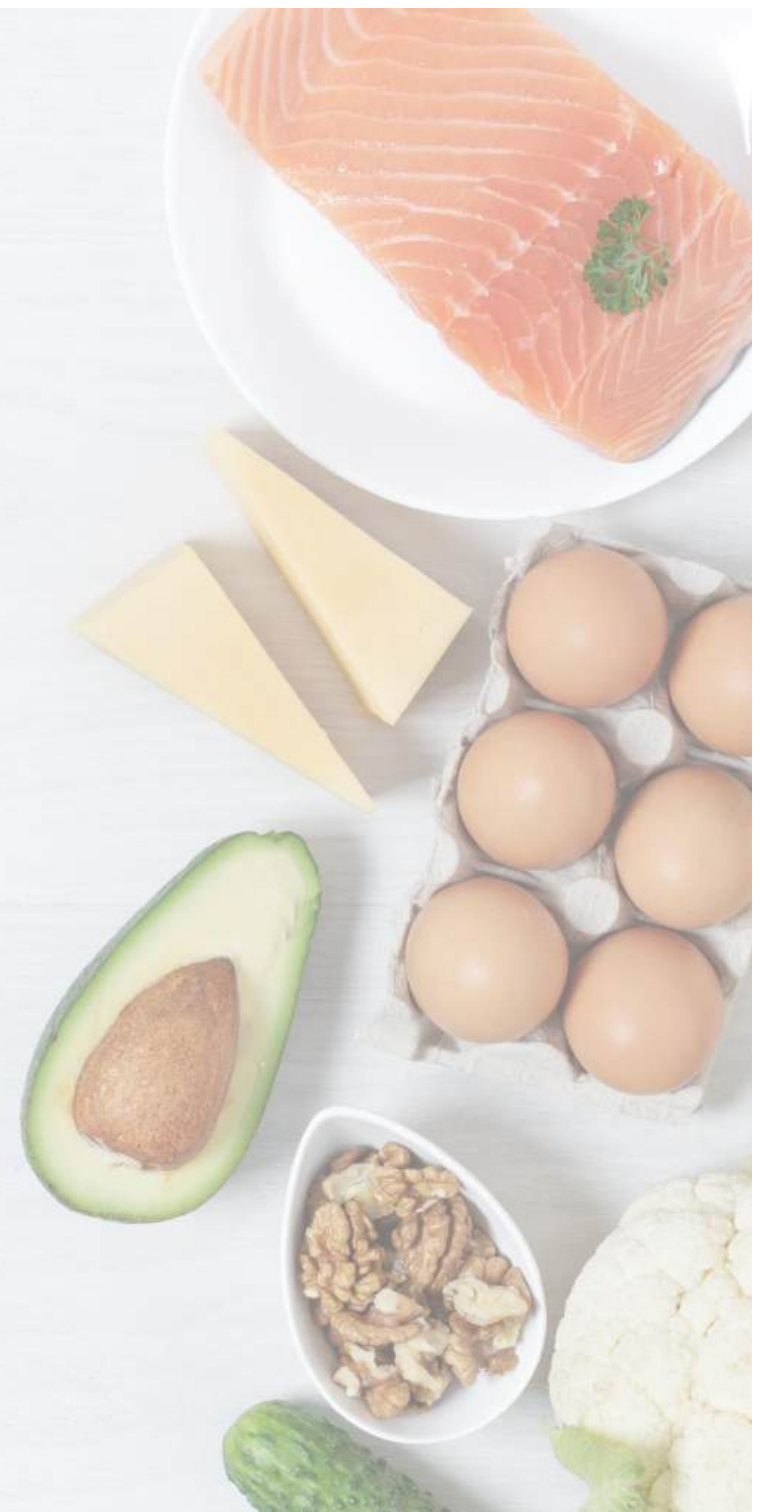
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**"Every time you eat or
drink, you are either
feeding disease or
fighting it."**

Heather Morgan, MS, NLC

The Midlife Metabolic Shift



The Sarcopenia Cycle



The Sarcopenia Cycle

Age related muscle loss

- typically starting in our 30s and accelerating after 60

Makes everyday activities more difficult

- things like climbing stairs, carrying groceries, or getting up from a chair become harder to do

Can be slowed or reversed with consistent strength training and proper nutrition

- especially eating enough protein to maintain and build muscle

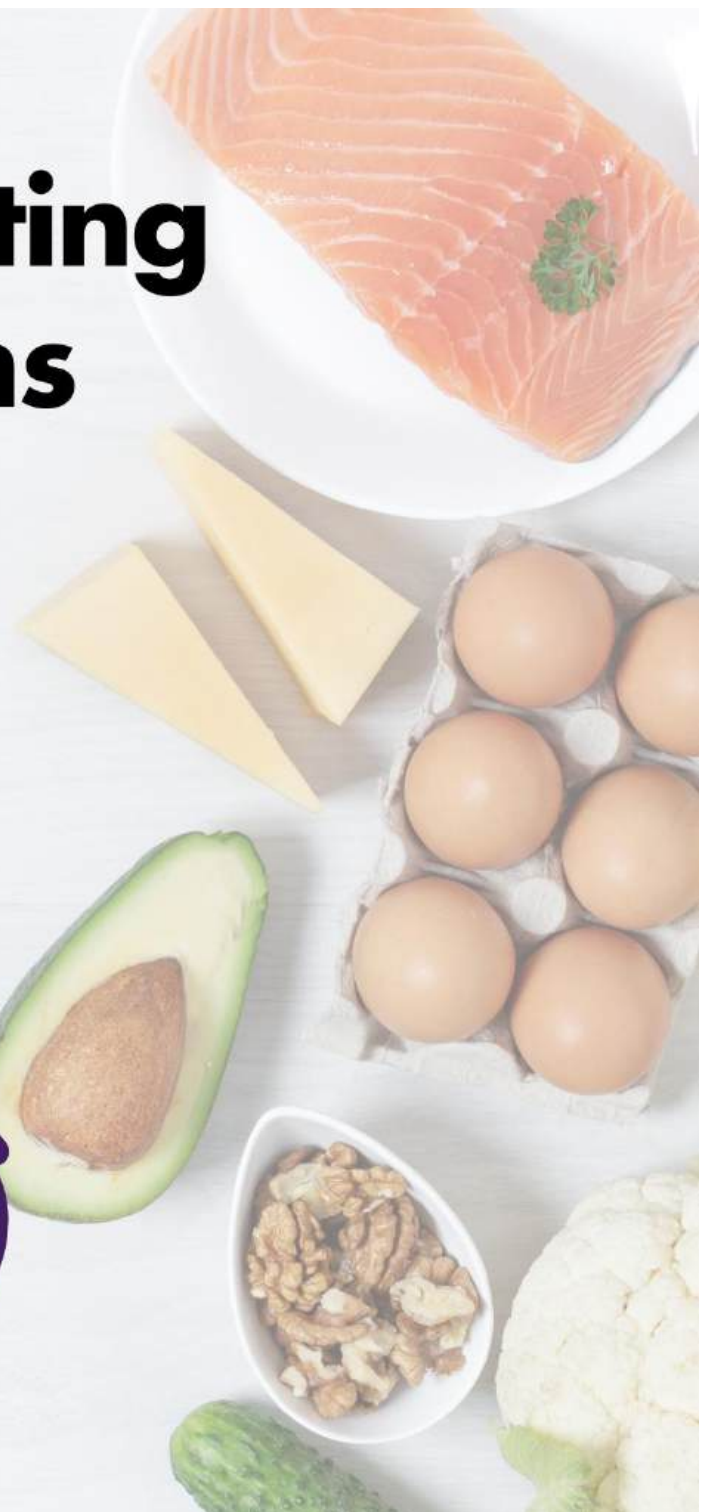
The Sarcopenia Cycle



Where Do I Start?



Calorie Counting Pros & Cons



Calorie Counting

Pros & Cons

PROS

- Increases awareness
- Interesting (for some)

CONS

- Your body adapts
- Ignores nutrition quality
- Not all calories are equal
- Difficult to sustain
- Unreliable, inconsistent data
- Doesn't account for hormones, sleep, stress, or muscle mass
- Can damage your relationship with food



Nutrient Density vs Calorie Counting



100 calories



100 calories



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Protein Power

The Muscle Builder



Why Protein Matters

- **Protects and rebuilds muscle**
- **Keeps you fuller longer**
- **Supports bone health, immunity, and recovery**
- **Our bodies become less efficient at using it over age 50**



How Much Protein Do You Need?



**0.8g -1.6g of protein
per kilogram of bodyweight**

How Much Protein Do You Need?



About
90g
per day



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How Much Protein Do You Need?



About
90g
per day

About
25-30g
per meal



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What Does 30g of Protein Look Like?



Greek Yogurt
1.5 cups



Cottage Cheese
1 cup



Whole Eggs
5 total



Salmon
5 ounces



Turkey Bacon
4 slices



Organic Tofu
1 cup



Protein Powder
1.5 scoops



Beans
2 cups



Organic Tempeh
1 cup



Pork Chop
4 ounces



Shrimp
10 large



Beef Steak
5 ounces



Lamb
4 ounces



Bone Broth
3 cups



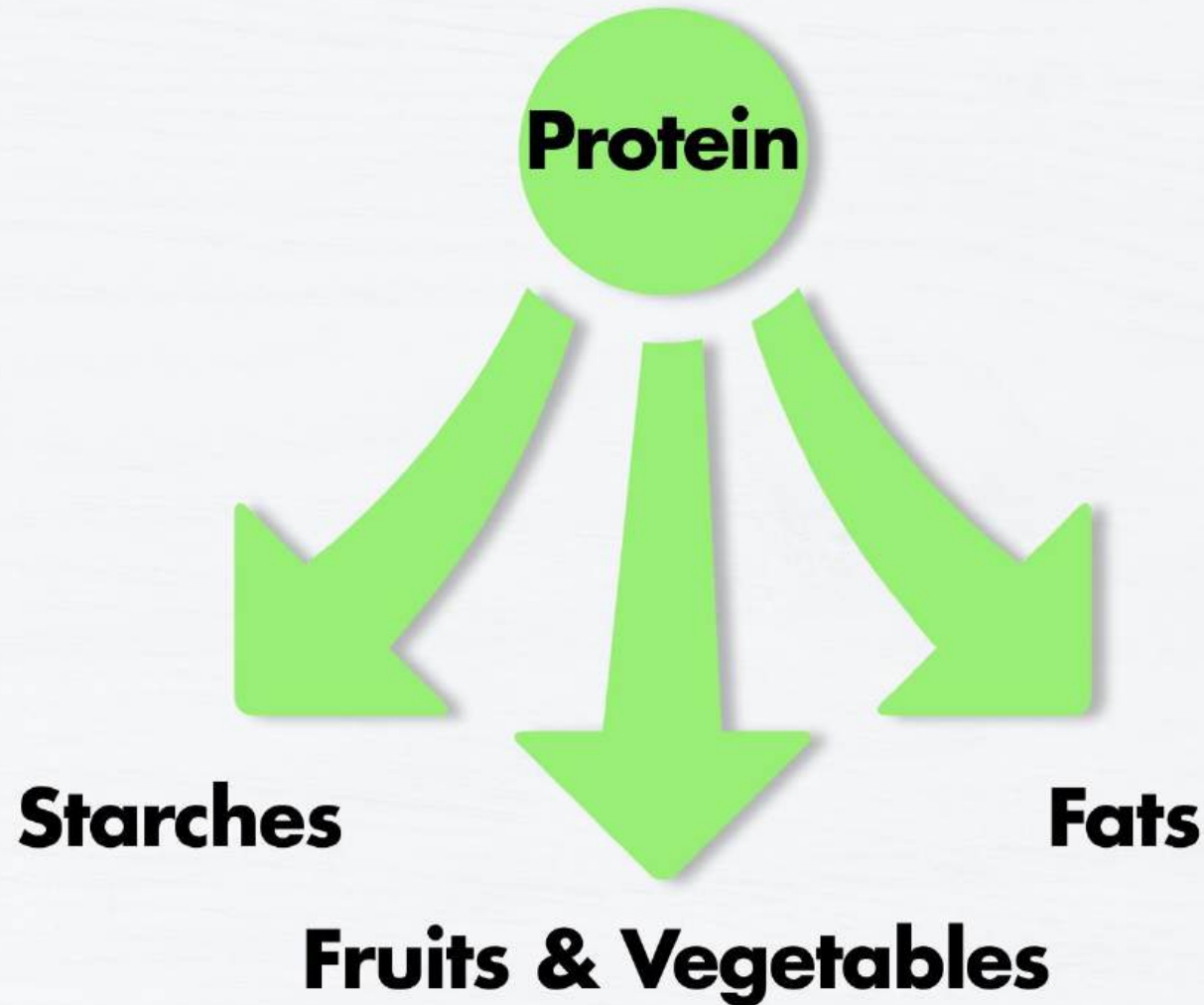
Lentils
1.5 cups



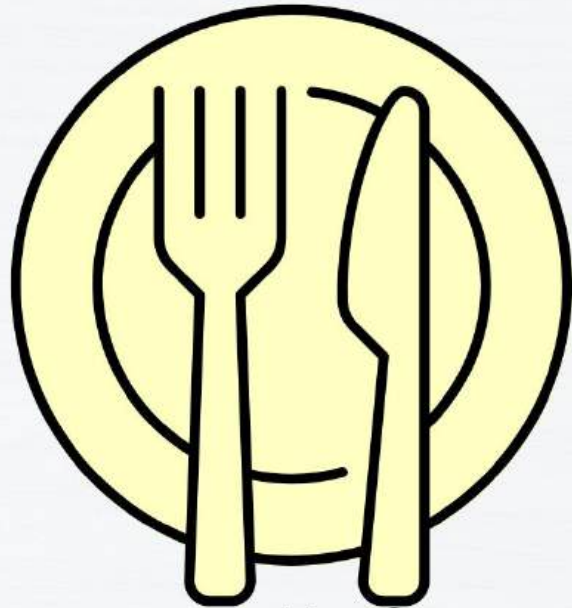
Liver
3 ounces



Protein First!



25g-30g of Protein



Breakfast

2 eggs (12g)
2 slices whole grain toast (8g)
1 tbsp peanut butter (4g)
1/2 cup Greek yogurt (5g)

Total: 29g

1 cup oatmeal (6g)
2 tbsp hemp seeds (6g)
2 tbsp almond butter (7g)
1 cup soy milk (7g)

Total: 26g

25g-30g of Protein



Lunch

3 oz grilled chicken breast (26g)
Green salad with 2 tbsp hummus (2g)

Total: 28g

1 cup cooked lentils (18g)
1/2 cup quinoa (4g)
2 tbsp tahini (5g)
Mixed vegetables

Total: 27g



25g-30g of Protein



Dinner

4 oz salmon (23g)
1/2 cup quinoa (4g)
Roasted vegetables

Total: 27g

1/2 cup firm tofu (10g)
1 cup edamame (18g)
Stir-fried vegetables & brown rice

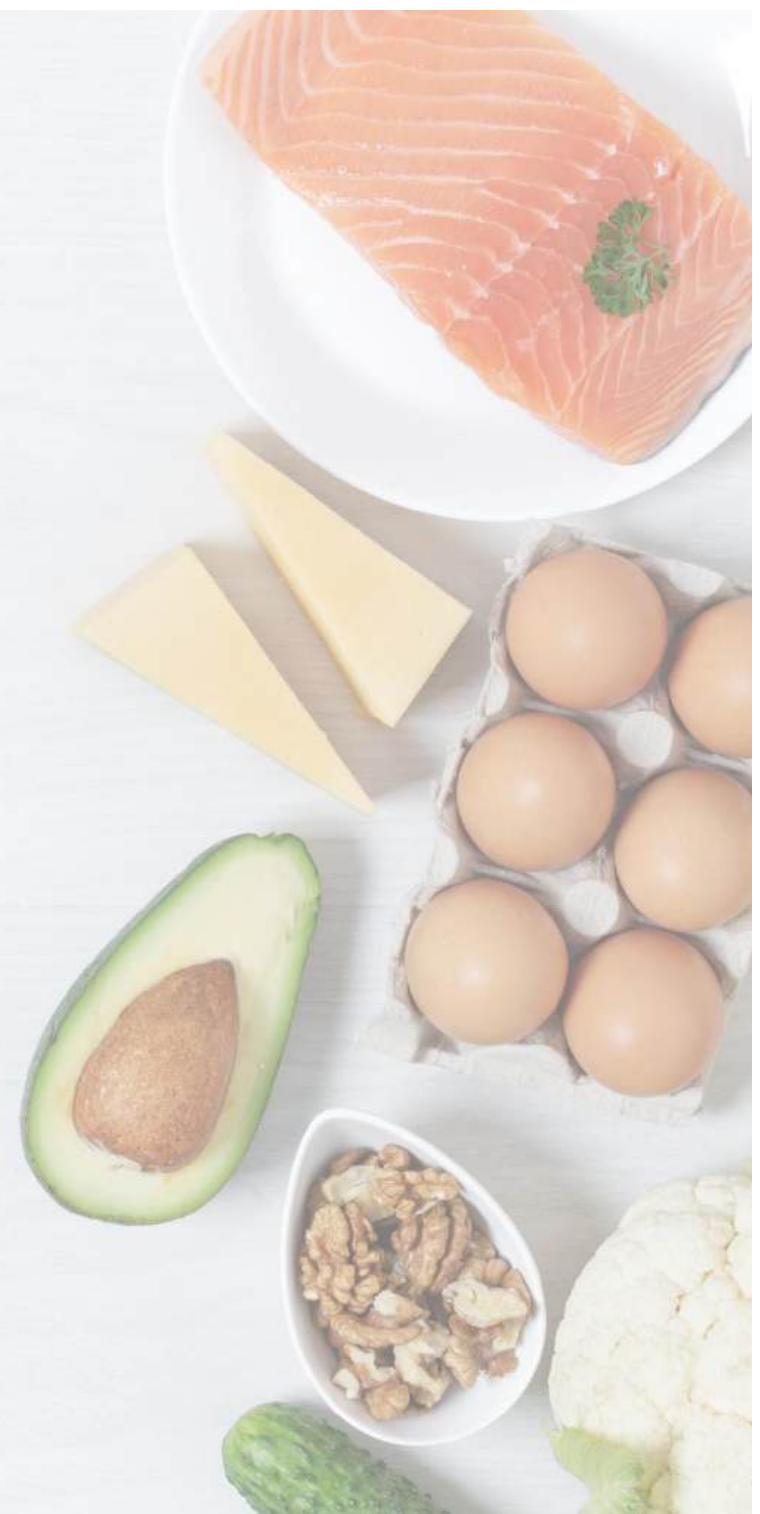
Total: 28g

Protein Rich Snacks

Greek yogurt (1/2 cup)	10g
Hard-boiled egg (1)	6g
Cottage cheese (1/2 cup)	12g
Pumpkin seeds (2 tbsp)	5g
String cheese (1 stick)	6g



Smart Carbs Fuel For Performance



Why Carbs Matter

- **Your body's preferred fuel source**
- **Essential for workouts**
- **Smarter carbs provide steady energy and fibre**
- **Necessary for an active, healthy life**

Know Your Carbs



SMART



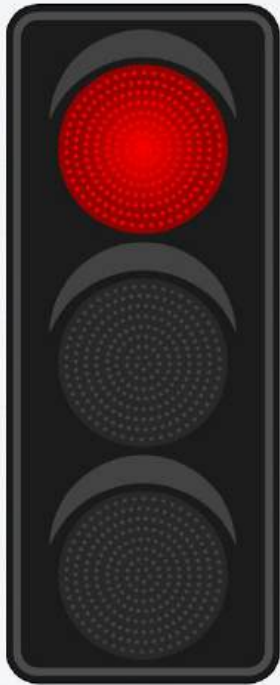
Know Your Carbs



**KINDA
SMART**



Know Your Carbs



**NOT SO
SMART**



Fat & Fibre

Supporting Hormones and Digestion



Why Fat & Fibre Matter

FAT

- **Essential for hormone production**
- **Helps absorb nutrients**
- **Keeps you feeling full longer**

FIBRE

- **Promotes digestive health**
- **Helps manage blood sugar & cholesterol**

Healthy Fats



High in Fibre



How Much Fibre Do You Need?

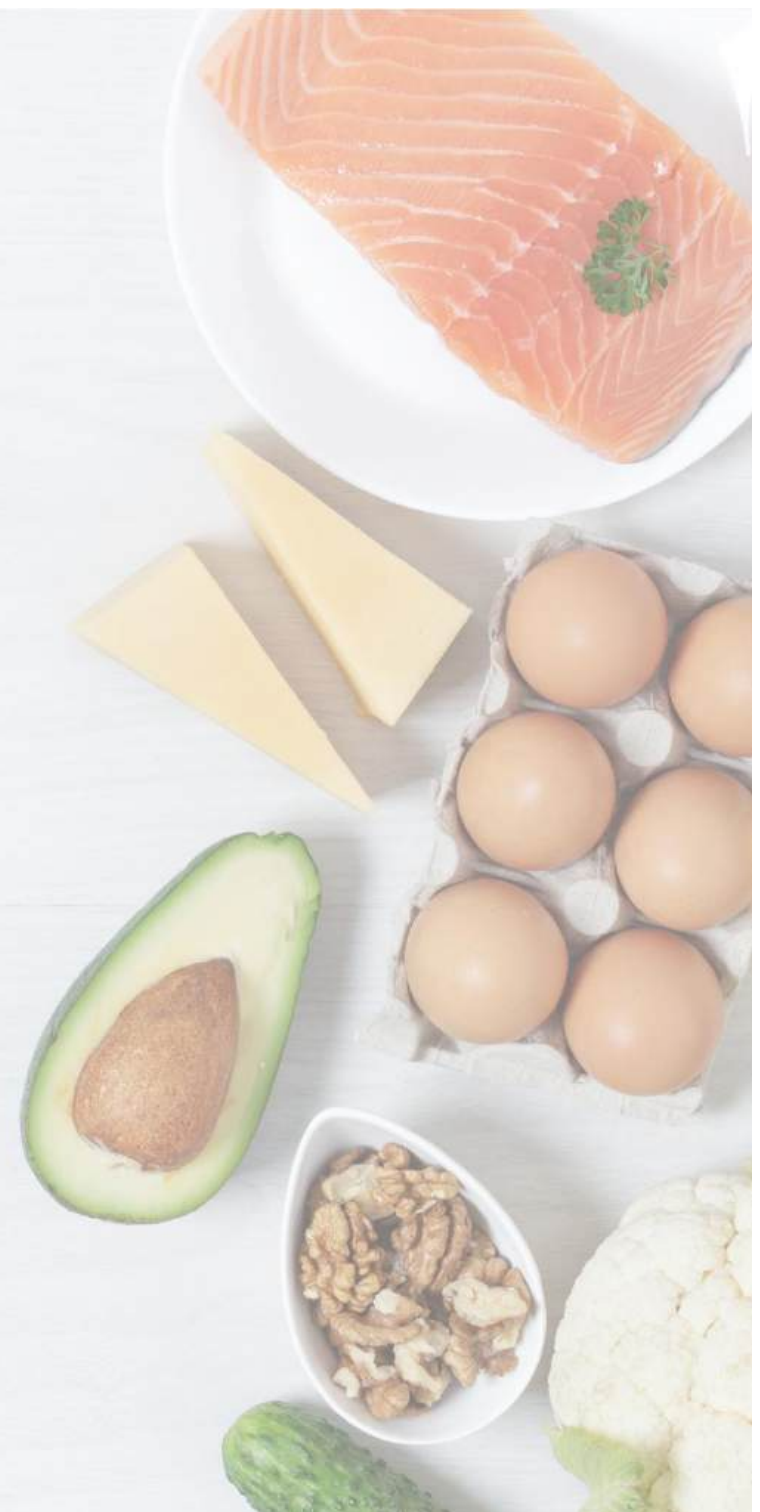


How Much Fibre Do You Need?



About
25g
per day

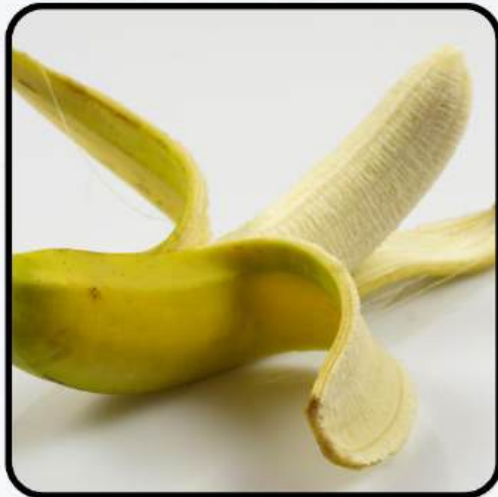
Optimal Workout Fuelling



Optimal Workout Fuelling



**Carb focus
30-60 min**



**Water
Electrolytes**



**Protein &
Carbs**



Hydrate for Health



**Make water your #1 choice.
Don't drink your calories!**

Hydrate for Health



Signs of Mild Dehydration:

- Fatigue
- Joint Ache
- Hunger
- Headache

Portions Size Matters!



One Serving

PROTEIN



PALM

VEGETABLES



FIST

CARBS



**CUPPED
HAND**

FAT

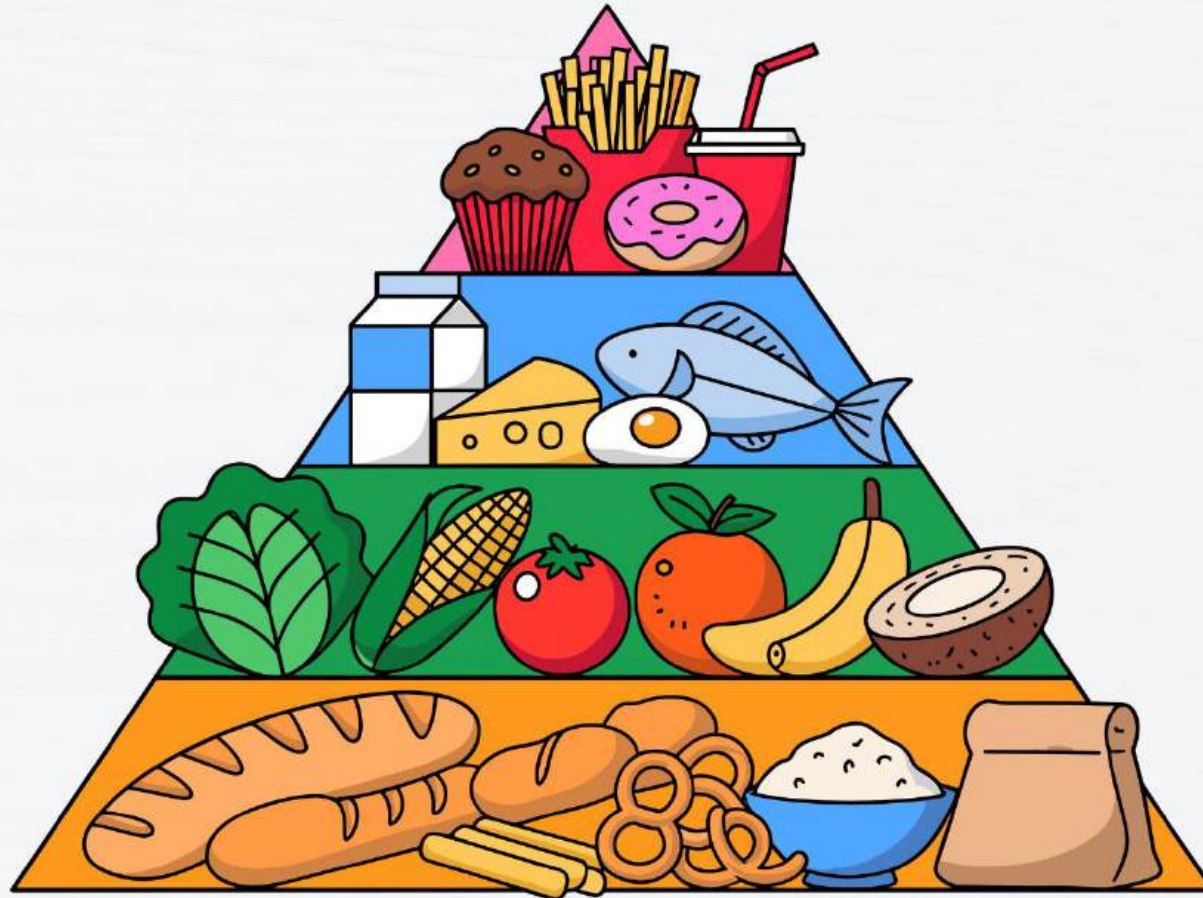


THUMB



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Canada Food Guide



food-guide.canada.ca

Ultra Processed Food?



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Intermittent Fasting?



Supplements?





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