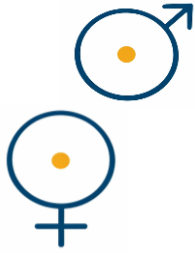




JC MOVEMENT NOTES

For Brain, Bone and Muscle

Resilience → Intensity + timing matter more over time



3 Priority Pathways to Activate (all genders)

BDNF → grows existing neurons and their connections; supports neurogenesis (in hippocampus → memory)

Mitophagy → Mitochondria clean up, renewal (more energy)

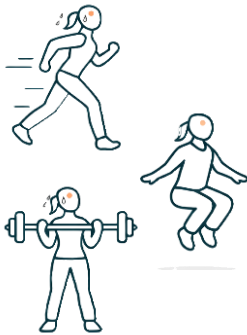
Immune support → reduce inflammation + improve repair (infection, injury, other)



Bone Priority for Women

Bone is an endocrine organ – communicates with brain and body (not passive scaffolding)

Monitor starting in 30's (earlier if risk factors *)



Essential Muscle & Bone Moves for Women

SIT (Sprints) → 2x/wk (rarely 3; near failure push; full recovery)

Strength → 2-3x/wk (heavy load, low reps)

Plyo (Jumps) → 2-3x/wk (impact, quality beats volume)

Full recovery between sets ≥ 1 day between session type

Short Intensity with recovery required when we lose estrogen.

Enjoy benefits of other steady state activity, doing what enjoy!



Best Primer Yet...

One podcast - 4 experts → what matters for women

***DOAC** - Oct 25, 2026 **Exercise and Diet for Women** Part 2 with Stacy Simms, Vonda Write, Mary Clair Haver, Natalie Crawford

More links to expert resource details at

AgeSmartLiving.com/playbooks/movement