



The Comeback Reset Guide

Your First 4 Weeks Back to Yourself

If you're here, something already feels off. That's usually how this starts—not in some big dramatic way, just that quiet moment where you realize... this isn't it.

That's exactly where I was. I remember thinking, if this is my life, why the hell am I not living it? Somewhere along the way, I had gone from being in it to just watching it. Saying no more than yes, sitting things out, telling myself I was too tired, too uncomfortable, too out of shape... too whatever.

And when I finally saw it clearly, it pissed me off. Because I knew I wasn't done with living this life. So I decided. I wanted back in.

Not in some all-in, overnight transformation kind of way, because I've done that before and it doesn't last. I wanted something real. Something I could actually stick to.

That is Comeback Over 50™. This isn't about fixing everything at once. It's about getting back in the game and building something that works—one week at a time, one day at a time.

The Four Areas That Change Everything

When I finally stopped trying to fix one thing at a time, I realized it wasn't just about food or just about working out. It was everything working together. For me, it came down to four pillars:

Food as Fuel

Movement & Strength

Mindset & Identity

Passion, Spirit & Joy

You don't have to master these. You don't even have to do them perfectly. It's about start paying attention to them and showing up a little differently in each one. That's where the change starts to happen.



Week 1: Just Get Back in the Game

The first week isn't about doing anything perfectly, and it's definitely not about proving anything. It's just about getting back in the game.

With food, don't try to overhaul everything. Just start paying attention to what you're eating and how it actually makes you feel. If you can make one better choice in a day, that's enough.

You're not fixing everything—you're just starting to notice.

With movement, I don't care what it looks like—just move. Go for a walk, stretch, do something small. You're not trying to get in shape this week, you're just reminding your body that you're doing this again.

With your mindset, start paying attention to what you're saying to yourself. Especially that voice that jumps in with “why bother.” Don't try to fix it yet. Just notice it's there.

And for joy, do one thing this week that actually feels like you. Not something productive, not something you “should” do—something you want to do.

That's it. That's week one.

Week 2: Add a Little Intention

Once you've shown up for a week, now we build a little on that. Nothing big—just enough to create some momentum.

With food, start being a little more intentional. That might mean adding more real food, or making sure you're getting enough protein. It doesn't have to be perfect—it just has to be better than before.

With movement, add a couple of workouts if you can. Nothing extreme, just a little more structure than week one.

With your mindset, when that negative voice shows up—and it will—pause for a second and ask yourself if what it's saying is actually true, or if it's just the same old script.

And with joy, plan something. Even something small. Having something to look forward to matters more than we give it credit for.

Week 3: Start Feeling Strong Again

By this point, something usually starts to shift. Not in a big dramatic way, but enough that you can feel it.

With food, you'll start to notice patterns—what gives you energy and what doesn't—and you can adjust from there instead of trying to follow some rigid plan.

With movement, this is where strength starts to matter. Not in a “go crush yourself” way, but in a “I want to feel capable again” way.

With your mindset, this is where things start to change a little. You stop feeling like someone who is trying to get it together, and you start feeling like someone who actually shows up.

And with joy, push yourself just a little. Try something new, or finally do something you've been putting off.

Week 4: This Is Where It Starts to Stick

At this point, you're not really starting anymore—you're building.

Food feels a little more natural. Moving doesn't feel like such a fight. That negative voice is still there, but it's not running the show anymore. And you're starting to feel more like yourself again.

That's the shift.

And it didn't come from doing anything extreme. It came from showing up, over and over again, in small ways that add up.

This Is What I Know Now

This isn't about becoming someone new. It's about coming back to yourself—the version of you that still wants to feel strong, engaged, and actually in your own life.

It doesn't happen overnight, and it's not always easy. But it is simple.

You show up. You make a slightly better choice. You keep going.
And over time, that becomes who you are.

Want to track my progress? I'll be documenting my changes on YouTube [@comebackover50](#), so like, share and subscribe to my channel.