

## Midlife weight gain isn't just about willpower

Dr. Kwong makes it clear: *if what used to work in your 30s no longer works in your 50s, it's not your fault — it's physiology.*

Your metabolism slows, your muscle mass declines, and your body's "set point" adjusts after years of dieting, stress, and energy restriction.

**For men:** stop thinking you're lazy or broken. You're just running a different engine now. What worked before (just starving and/ or sweating) may not cut it

### Two hacks here to consider

#### Hack one

She calls out the myth of "eat less, move more." For midlife bodies, the rule becomes:

**"Fuel smarter, move with purpose, recover deeply."** The first hack is protein first, ie at every meal, try to ensure that there is a solid serving of protein on the plate, be it chicken, beef, scrambled eggs, an omelette, fish etc. Start there, rather than with the carb content.

#### Hack two

The new midlife health-oriented playbook starts with science, not self-punishment. Dr. Kwong argues that medicine often waits until diabetes is *diagnosed* instead of treating the *precursors* — insulin resistance and pre-diabetes. Don't wait until the numbers are bad. Get your *fasting insulin* tested, not just your blood sugar. Early action means fewer meds later.

## Food noise — the silent driver of midlife weight gain

Many men don't realise how much brain space food takes up — until it's gone. Dr. Kwong describes "food noise" as that constant chatter:

*What should I eat? What shouldn't I?*

*Why did I do that? What do I want to eat next Saturday?*

*I wonder what my buddy is planning to put on the BBQ this weekend at his party?*

*Should I download the hotel menu and plan what kind of pasta I will have at the work function next week... and it goes on and on and on...*

*(for some of us).*

The hack here is firstly to recognise if this is a familiar pattern for you.

Then to recognise it is a thing, a phenomena that impacts more people that you might realise.

That loop isn't a lack of control — it's chemistry and habit. Whether through mindful eating training or medical tools like GLP-1s, quieting that mental noise can free energy for everything else that matters — work, relationships, and purpose.

Experiment with some mindful eating exercises first and see how you can tame the food noise mind.

## Weight loss and mental health are linked

She explains that GLP-1 medications (Ozempic, Wegovy) don't fix *why* we eat — only *how much*. *The volume of food decreases as the appetite is suppressed. But she also explained how she spends a lot of time considering the role food plays in the lives of her patients.*

*The hack to consider or to reflect about is:*

Before you chase a quick fix, **ask what role food plays in your life.**

Is it comfort, reward, relief, or habit? Where did it start? Is it a healthy relationship? If not, what kind of relationship do you want to have? When I went through that process recently, I was surprised at how early in my life the relationship to food originated and why it did.

Dr. Kwong says that without dealing with the story behind your habits, no drug or diet will keep the weight off. I appreciated how draws parallels between food cravings and other addictive behaviours — alcohol, nicotine, even overwork.

Midlife isn't just about changing what you consume — it's about changing what consumes *you*. Learn to read the craving before it drives you.



## Purpose protects you

Angela's own story — leaving a stable GP career to build an online weight management business — mirrors what many midlife men feel: the pull toward something more meaningful.

She faced cultural pressure, family disappointment, and doubt, but persisted because she had *clarity of purpose*.

The reflection is about the people who love you may not understand your next move. That's okay. They're protecting you from risk. But if your purpose is clear and your motives are sound, **you owe it to yourself to go anyway.**

## Core Reflections for Midlife Men

This conversation isn't just about GLP-1s or metabolism — it's about **agency**.

Midlife health isn't about fear, guilt, or loss — it's about taking ownership of your biology, your habits, and your purpose.

- Your body is changing — understand it.
- Your mind is noisy — quiet it.
- Your purpose is calling — follow it.

That's how you *don't let the old man in*.



**DLTOMI** is a podcast brought to you by Pod O'Sullivan, where he has real and candid conversations with experts, celebrities and ordinary men about navigating midlife. The ups, the downs, the surprises, the opportunities, the secrets and how to do it on your terms, gracefully or even disgracefully!



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