

You're probably stronger than you think

Sports science shows most people can maintain a **high level of physical capacity** well into their 60s — the real decline doesn't hit until the 70s.

Don't let age stereotypes trick you into quitting too soon. The limits you feel at 50 often have more to do with mindset than muscle.

The reflection here is, have you fallen victim to any stereotype thinking that is limiting you?

Do the head work before the legwork

In his book *Get Moving, Keep Moving*, Gordon's activation model — **Reflect, Project, Inspect, Connect** — flips the usual fitness narrative. It starts in the mind, not the gym.

- **Reflect:** What did movement mean to you when you were young?
- **Project:** What kind of older man do you want to become?
- **Inspect:** Are you ready — physically and mentally — for that change?
- **Connect:** Build a tribe around your goals.

For men: Motivation doesn't come from discipline; it comes from meaning. Think before you train.

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Connection is the secret performance enhancer

Longevity science is clear: **social bonds protect health** more powerfully than almost any other factor.

Gordon's own life — from Parkrun volunteering to community running groups — shows that movement with mates is medicine. Whether it's Parkrun, dragon boating, or a fencing club — community sports create belonging and accountability. Even during injury, volunteering or cheering still keeps you in the loop.

For men: Don't train alone. Find your *ecosystem* — a group, a club, a tribe. The people you move with will keep you moving when motivation fades. Don't think of fitness as isolation. Think of it as your **weekly check-in with life** itself.

I have recently joined a BFT gym and I am now looking forward to my 6 am sessions. The gym set up a WhatsApp group. I get messages to encourage me to come to the session. I even got messages for 5 weeks when I was recovering from surgery recently. Guess what, I went straight back to the gym as soon as I could. To do burpees and squats? No, to see my mates. And then to do burpees and squats, with them!

Self-directed ageism is the real enemy

His parting warning is sharp: *"We get caught in conversations with ourselves about what we're not capable of, based on age."* In his 50s, Gordon shifted from participant to mentor — blending **coaching psychology** with **exercise science** to help others live sustainably active lives.

The reflection is this...Challenge your own story about what's "too late." Age is not an excuse — it's an opportunity for a new kind of strength. Your 30's and 40 are not wind up times, so that your 50s aren't a winding down — Once you hit midlife, you are in a recalibration mode. You've gathered wisdom; now's the time to use it for impact.

All of Gordon's work circles back to one idea: Healthy ageing isn't about avoiding death — it's about **avoiding decline**. Train, eat, think, and connect now



Core Takeaway for Midlife Men

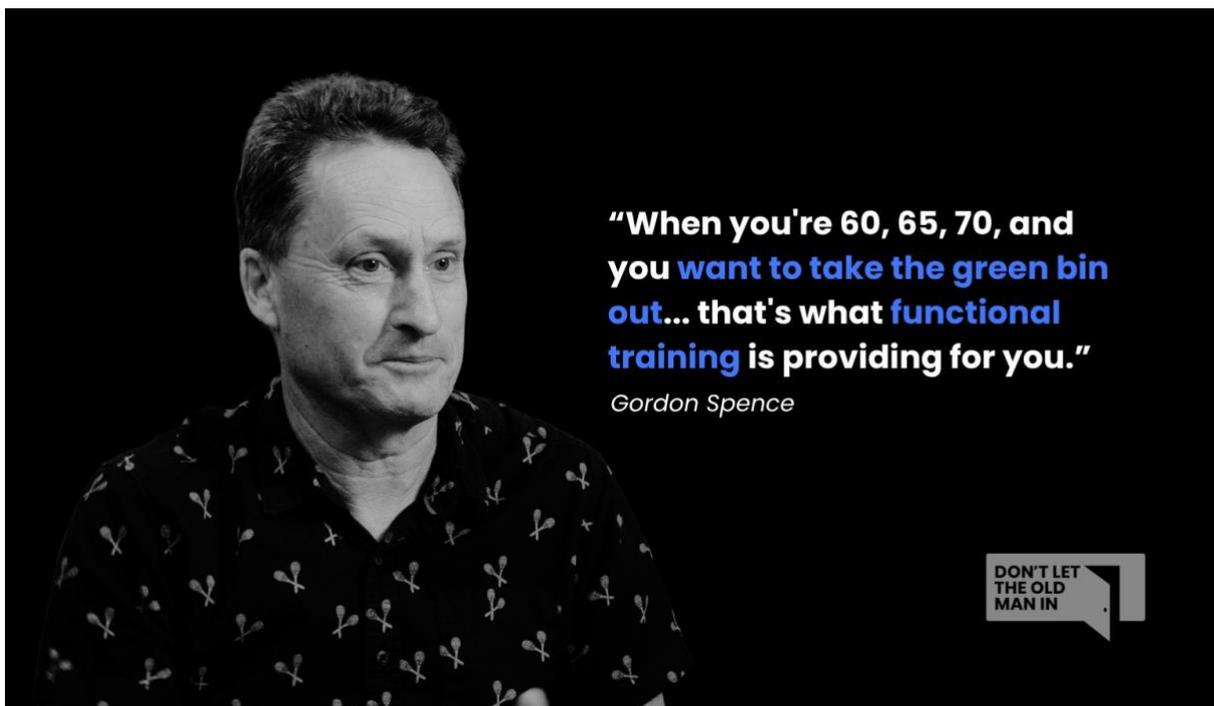
Dr. Gordon Spence's message is both practical and philosophical:

“Do the head work before the legwork — and never let your age decide your ability.”

For men at midlife:

- Reclaim movement as joy, not duty.
- Build your health ecosystem early.
- Challenge the story that says your best years are behind you.

Because the real measure of a good life isn't how long you live — it's how long you live *well*.



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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