FREE GUIDE

5 MISTAKES MEN OVER 40 MAKE WHEN TRYING TO LOSE WEIGHT

For guys who are done starting over.

by Tim Lorenzini, Rebuilt With Tim

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FIRST, WHO AM I?

I'm Tim.

I'm 43, a disabled US Navy veteran, and I live in Da Nang, Vietnam. I used to weigh 325 lbs. I had fatty liver disease, I was depressed, and I was sick of my own excuses.

So I changed everything. I moved to Asia with one backpack, ate simple food, walked everywhere, and trained 4 days a week. I ate chicken, rice, and vegetables, drank lots of water, and stretched. Did I cheat here and there? Yeah. Consistency beats perfect. It took a little over a year, and I lost over 100 lbs. This is my own result. It is not a typical client result.

Now I coach men 40 and older, especially vets, who are overweight and burned out. I keep seeing the same five mistakes. I made most of them myself.

This guide covers those five mistakes in plain English, with simple things to do instead. No magic pills. No guru nonsense. No guarantees. Just honest stuff from my own experience.

Read it in ten minutes. Pick one thing. Do it this week.

I'm a coach, not a doctor. Talk to your physician before changing your diet or training.

MISTAKE 1 OF 5

Starving yourself and living on the treadmill

The classic move: eat almost nothing, then jog until you hate your life. It feels hardcore. It's also miserable as shit, and most guys quit in a few weeks.

When you under-eat and only do cardio, you're tired, cranky, and hungry all the time. You also risk losing muscle along with fat, and muscle is what keeps you looking and feeling solid.

Same goes for plans that ban every food you like. You can still eat things like ice cream and fruit in sensible portions. Hating your plan is not discipline. It's a countdown to quitting.

DO THIS INSTEAD

- Eat enough that you can still think straight and train.
- Pick a plan you could stand doing for six months, not six days.
- Walk toward 10,000 steps a day. It burns extra calories outside the gym and it's easy on your body.
- Use walking and cardio as a bonus, not the whole plan.

MISTAKE 2 OF 5

Skipping the weights

Lots of guys over 40 think lifting is for young dudes or guys who want to look like bodybuilders. Wrong. That's bullshit. Lifting is how you hold on to muscle, and muscle is a big part of looking lean and moving well as you age.

If you only shrink, you just become a smaller, softer version of yourself. If you lift and eat right, you change how you look, not just what the scale says.

Yes, your joints are older. That means start smart, not stay on the couch.

DO THIS INSTEAD

- Lift 3 to 4 days a week using basic full-body moves: squat or leg press, push, pull, hinge.
- Start light, learn the form, add weight slowly.
- Write your workouts down so you can see progress.

MISTAKE 3 OF 5

Ignoring protein

Most guys I talk to eat plenty of food and almost no real protein. Then they wonder why they're hungry an hour later.

Protein helps you feel full and supports the muscle you're trying to keep or build. Eggs, chicken, beef, fish, Greek yogurt, and protein powder all

count. It's not fancy.

Your exact needs depend on you, so don't just copy a random number off the internet.

DO THIS INSTEAD

- Build each meal around a protein you actually like.
- Keep easy options on hand: eggs, canned fish, yogurt, a shake.
- Track your protein for one week just to see what you're really eating.

MISTAKE 4 OF 5

Drinking your calories

Beer, sodas, sweet coffee drinks, juice, and "just a few" cocktails add up fast, and your stomach barely notices them. You can eat clean all day and undo it with a couple of drinks.

Alcohol also wrecks sleep for a lot of people, and bad sleep makes you hungrier and lazier the next day. Cut alcohol way down or quit. If you have liver problems or take medication, ask your doctor first.

Most guys underestimate how much water matters. Sugary drinks can quietly stall your progress, and plain water is the cheapest fix there is.

DO THIS INSTEAD

- Swap soda, juice and sweet drinks for water. I aim for about 3 liters a day. Adjust for your size and climate.
- Stop drinking alcohol. If you really do drink, keep it to a couple of times a month.
- Write down what you drink for one week. Just look.

MISTAKE 5 OF 5

Doing it alone

Going solo sounds tough. In reality it means nobody notices when you skip a workout, and you're the only one lying to you about it.

A lot of us vets are used to a team and a mission. Then we leave, and suddenly it's just you and the fridge at 11pm. That's rough as shit, and it's okay to say so.

Having someone in your corner makes it harder to quietly quit.

DO THIS INSTEAD

- Tell one person your plan this week, and ask them to check in.
- Find a training partner, a gym buddy, or an online group.
- Track your workouts where someone can see them, even a simple text thread.

START THIS WEEK

Don't do everything. Do these, one at a time. Check them off.

- [ ] Schedule 3 or 4 workouts in your calendar. Treat them like appointments.
- [ ] Pick 3 basic lifts and write down your starting weights.
- [ ] Add a protein source to every meal.
- [ ] Drink about 3 liters of water a day. Cut sugary drinks and alcohol.
- [ ] Walk toward 10,000 steps a day.
- [ ] Tell one person your plan and ask them to check on you.
- [ ] Sleep. Aim for a regular bedtime and stick close to it.

READY FOR REAL HELP?

DM me the word REBUILT on Instagram @rebuiltwithtim

Tell me where you're stuck. I'll ask a few questions, and we'll see if my 1:1 coaching (a simple plan, weekly check-ins, and positive accountability) is a fit. Not every guy is, and that's fine.

Want to skip the chat?

Tap the link in my Instagram bio and hit **Apply for coaching**. The application is short.

Or go straight to rebuiltwithtim.pplx.app

I'm a coach, not a doctor. This is general information, not medical advice. Check with your doctor before changing your diet or training.