

The Unbreakable Leader's Healthspan Toolkit

Practical tools inspired by *Unbreakable: A Woman's Guide to Aging with Power* by Dr. Vonda Wright

THE FACE PROTOCOL: EXERCISE IS MEDICINE

F Flexibility & Mobility

Protect your joints and preserve your full range of motion so movement stays easy for decades.

Start here: 10 minutes of dynamic stretching or mobility work before your day begins.

A Aerobic Activity

Build your engine with Zone 2 training (a pace where you can still hold a conversation) plus strategic high-intensity intervals.

Start here: Three 30-minute Zone 2 sessions this week: brisk walk, bike, or swim.

C Carry a Load

Lift heavy, not just often. Resistance training preserves the muscle and bone density that protect your metabolism, energy, and independence.

Start here: Two strength sessions this week focused on progressive overload.

E Equilibrium & Footspeed

Train balance and agility now to reduce fall risk later. Quick feet and steady footing are trainable skills.

Start here: Single-leg stands while brushing your teeth. Add light agility drills weekly.

HEALTHSPAN SELF-AUDIT: HOW ARE YOU REALLY DOING?

- | | |
|---|---|
| ☐ I get 7 to 9 hours of quality sleep most nights | ☐ I have a healthcare provider who listens and educates |
| ☐ I strength train at least twice per week | ☐ I am current on screenings (bone density, labs, heart) |
| ☐ I eat enough protein to support muscle at every meal | ☐ I have a real strategy for stress recovery, not just coping |
| ☐ I move daily, beyond structured workouts | ☐ I treat my health as a leadership asset, not an afterthought |

ADVOCATE FOR YOURSELF: QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

1. Could my symptoms be related to hormonal changes, and what testing would help us know?

Fatigue, brain fog, body composition changes, and low libido deserve investigation, not dismissal.

2. What are all of my options, including lifestyle changes, and their benefits and risks for someone with my history?

You deserve education and a roadmap, not just acceptance.

3. When was the last time you updated your training on menopause and midlife women's health?

It is fair to ask. If the answer concerns you, seek a provider who specializes in this stage of life.

4. What should we measure now to create a baseline: bone density, muscle mass, metabolic markers, heart health?

Your physiological age matters more than your birthday. Baselines let you track what you can influence.

5. If you are not the right person to guide me on this, who is?

A good provider will refer you. Persistence is self-advocacy, not being difficult.

Reflection: What is one area of your health you've accepted as "just getting older" that may actually deserve a second opinion?

Measure Your Resilience

Take the Intentional Resilience (IRx)
assessment
intentionalresilience.me

Get the Book

Unbreakable by Dr. Vonda Wright



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This guide reflects themes from Unbreakable by Dr. Vonda Wright and the personal experience of the author. It is not medical advice. Always consult a qualified healthcare provider about your own health decisions. The Intentional Resilience (IRx) framework was developed and founded by Karen Atiles. As an Amazon Associate, Lifelong Development earns from qualifying purchases.