



UNSTOPPABLE AFTER 50

Men's Health, Peak Performance, and Legacy

NEW FOR 2026! A new podcast for men who want to stay strong, sharp, and unstoppable in the second half of life.

ABOUT THE HOST

I'm Mike Capuzzi, author, book publisher, and podcast host with more than 300 episodes. After building businesses, publishing over 20 books, and crossing into my late 50s, I realized something important: too many men my age were buying into the myth that life after 50 is about slowing down, coasting, or fading away.

I created *Unstoppable After 50* to prove the opposite. That the second half of life can be your strongest, sharpest, and most impactful years. This show is my way of bringing men the strategies, insights, and encouragement they need to stay powerful, relevant, and unstoppable. Not just for themselves, but for their families, communities, and the legacy they're building.

My Target Audience

Unstoppable After 50 is built for men in their 50s and beyond who refuse to fade away and know their best years are still ahead. They're accomplished, but hungry for more. More strength, more confidence, more clarity, and more purpose in their second half of life.

My ideal listeners are 50+ men:

- Who want to stay physically strong and mentally resilient.
- Who want to be better husbands, fathers, and leaders.
- Who want to build or reinvent a business that creates independence.
- Who want to protect and grow their wealth while creating freedom.
- Eager to pursue passions and hobbies that make life fun again.
- Determined to leave a legacy and make an impact that lasts.

These men are not looking for theory. They want practical strategies, real-world wisdom, and proven insights they can act on today.

The Unstoppable 7 Strengths:



BODY



INNER



FAMILY



BUSINESS



WEALTH



PASSION



PURPOSE

At the core of *Unstoppable After 50* is a powerful framework I call **The Unstoppable Seven Strengths**. These seven areas represent the foundation of a man's life after 50. They are the pillars that determine his health, confidence, relationships, and ultimate legacy. Too often, men are told that aging means decline, but the truth is the opposite: when you intentionally build strength in these key areas, the second half of life can be your strongest and most fulfilling chapter.

Connect With Me



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My Ideal Guests

My ideal guests are:

- Experts in topics that important and interesting to men 50+.
- Professional service providers, authors, coaches, or entrepreneurs with a clear expertise and empowering message for men.
- Women and men with insights that inspire men to live stronger, sharper, and more purposeful lives.

Guests should:

- Align with one or more of The Unstoppable 7 Strength critical for peak performance (Body, Inner, Family, Business, Wealth, Passion, Purpose).
- Deliver practical, actionable takeaways.
- Inspire men to be confident that life after 50 isn't about slowing down—it's about stepping up.

If this sounds like you, please reach out to me for more information about scheduling an interview!