



Mike Capuzzi's

UNSTOPPABLE AFTER 50

Playbook
035

How Fascia Release and Breathwork Transforms Men's Health After Age 50

<https://unstoppableafter50.com/deanna-hansen>

"As we age, we compress. That's fascia compression that causes pain, aging, disease, and ultimately death. My work is actually fascia decompression, putting the space back into the body that time has taken away."

About My Guest

Deanna Hansen is a certified athletic therapist and the founder of Fluid Isometrics and Block Therapy. Her work focuses on fascia decompression, breathing, alignment, and helping people improve how their bodies move and function as they age.

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My Takeaways from This Episode:

Your body works as a connected system.

Pain or restriction in one area may be influenced by what is happening somewhere else, so do not automatically assume the painful spot is the root problem.

Breathing deserves more attention after 50.

Diaphragmatic breathing can influence how the body moves, relaxes, and recovers. It is a simple practice worth developing consistently.

Mobility requires more than stretching.

Tightness and restricted movement may involve deeper tissue restrictions. Maintaining usable range of motion becomes increasingly important as the years add up.

Daily body maintenance matters.

A few focused minutes each day can be more useful than an occasional long session. Consistency is how you improve breathing patterns, mobility, and body awareness over time.

This Episode's Unstoppable Trifecta:

1-What's one hard truth men need to hear after 50?

Your foundation matters. Poor foot position and alignment can affect how the rest of your body functions, including movement and blood flow. Start paying attention to how you stand and how well your feet are working.

2-What's one thing most men are doing right now that's quietly wrecking their future?

Do not assume lifting weights alone will keep your body functioning well. Keep strength training, but balance it with work that maintains mobility, tissue quality, and freedom of movement as you age.

3-This week's Unstoppable After 50 Challenge:

Spend a few minutes working on your toes and feet. Gently create space between the toes, then stand and actively grip the floor with your toes while taking 10 slow breaths.

Unstoppable Strength Focus:

