FIT JUST4U

June 1, 2026

Aging Well With Strength, Power and Purpose



Supplements: Know What You Are Taking and Why After Age 50

"A Note from The Editor"

As we continue our journey of aging well with strength, purpose, and power, this month we are opening an important conversation about supplements — what we take, why we take them, and how they may affect our health after age 50.

Today, many adults are taking vitamins, minerals, herbs, powders, teas, and over-the-counter supplements with the hope of improving energy, supporting bones and joints, strengthening the immune system, protecting the heart, or simply feeling better. While supplements can be helpful when used appropriately, they are not all created equal — and more is not always better.

After age 50, our bodies begin to change in ways that may affect how we absorb nutrients, how medications work, and how certain supplements interact with our health conditions. This is why it is so important to be informed, intentional, and cautious. A supplement that works well for one person may not be the right choice for another.

Before adding a supplement to your daily routine, ask yourself:

- Why am I taking this?
- Do I really need it?
- Has my doctor or healthcare provider reviewed it?
- Could it interact with my medications?
- Is it supporting my health goals, or am I taking it because of advertising or word of mouth?

This month's newsletter is designed to help you think more clearly about supplement use, especially as it relates to aging, nutrition, medication safety, bone health, muscle strength, heart health, and overall wellness.

As a Registered Nurse and fitness professional, I encourage every adult over 50 to become an active participant in their own health. Supplements should never replace balanced nutrition, regular movement, adequate sleep, hydration, medical care, or a healthy lifestyle. They should support your wellness plan — not become the plan.

Our goal is not to tell you what to take, but to help you understand the importance of knowing what you are taking and why.

Because when it comes to your health, knowledge is power — and your body is worth caring for your body with wisdom, strength, purpose, and power.

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ARE YOU TAKING THE WRONG VITAMIN D?

WHAT YOU NEED TO KNOW THIS MONTH

First, Let's Understand the Problem with Plain Vitamin D

Most of us were told to take vitamin D. We went to the drugstore, picked up a bottle, and felt like we had done the right thing. And yes — vitamin D is essential. But here is what does not get explained nearly enough: Vitamin D3 dramatically increases how much calcium your gut absorbs. That is a good thing. But without vitamin K2 working alongside it, your body doesn't know where to send that calcium. And when calcium goes to the wrong places — your arteries, your soft tissues, your blood vessels — it becomes a cardiovascular risk factor instead of a bone-building nutrien
t.

Think of it this way: D3 opens the door for calcium to enter the body. K2 is the traffic officer who directs it to your bones, where it belongs, instead of letting it pile up in your arteries.Taking D3 without K2 is like hiring a delivery driver with no address. Things go where they shouldn't.



Here is the number that should stop you in your tracks: research indicates that when vitamin D deficiency is defined as a serum level at or below 20 ng/mL, the prevalence of deficiency in African Americans is estimated at 82%. That is not a small gap. That is a public health crisis — and it is largely
silent.

Why Black Women Over 55 Face a Triple Threat





Melanin and sunlight: Your beautiful skin contains melanin, which acts as a natural sunscreen. That same protection that shields you from UV damage also blocks the skin's ability to produce vitamin D from sunlight. Research confirms that people with darker skin pigmentation are at significantly greater risk for vitamin D deficiency.

Body weight and fat sequestration: If you are carrying extra weight, your body fat is literally trapping vitamin D before it can reach your bloodstream. Studies show that obesity reduces the body's ability to utilize vitamin D from both supplements and sunlight, because the fat tissue sequesters it and keeps it biologically inactive.

Age and menopause: After 55, declining estrogen levels increase your susceptibility to bone loss and arterial calcification. This is also the window when heart disease risk rises sharply for women. The interplay between calcium, vitamin D, and K2 becomes critically important precisely during this season of life.

What D3 + K2 Does That Vitamin D Alone Cannot

Bone density: A randomized controlled trial comparing postmenopausal women who took D3 alone, K2 alone, or both together found that only the combination group showed significant improvement in bone mineral density. Neither supplement alone produced the same results. The synergy is the point.

Heart and artery protection: K2 activates a protein called Matrix Gla Protein (MGP), which prevents calcium from depositing in your artery walls. Without sufficient K2, MGP stays inactive and calcium builds up in your blood vessels — making them stiff, narrowed, and at higher risk for cardiovascular events. A clinical trial of postmenopausal women taking K2 over three years showed significantly decreased risk of cardiovascular death compared to the placebo group.

Blood sugar and insulin sensitivity: A 12-week study found that taking K2 (100 mcg) and D3 (1,000 IU) daily produced lower glucose levels, better pancreatic function, and improved insulin sensitivity in participants with diabetes. For a population at heightened risk for type 2 diabetes, this is not a minor finding.

Body composition: A 2017 study found that higher K2 intake was associated with reductions in visceral fat — the dangerous deep abdominal fat linked to heart disease, diabetes, and metabolic syndrome. While D3 and K2 are not weight loss supplements, they can support the metabolic environment that makes healthy weight management more achievable.

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How to Shop Smart: What to Look for on the Label

Now that you understand why D3 + K2 matters, the next step is what to look for:

1. Look for D3 — not D2.
The label should say "Vitamin D3" If the label just says "Vitamin D" without specifying D3, keep looking.

2. Look for K2 as MK-7 — not just "Vitamin K" or "K2."
This is the single most important label detail. Many products simply say "Vitamin K2" without telling you which form. You want MK-7, also listed as menaquinone-7. It is the form with the longest activity in your bloodstream.

3. Check the dosage — amounts matter.
For D3, clinical studies supporting bone and cardiovascular benefit typically use 1,000 to 4,000 IU daily. For K2 as MK-7, look for 100 to 180 mcg per serving. Products with token amounts — like 10 mcg of K2 — are not going to move the needle.

4. Choose an oil-based softgel or capsule when possible.
Both D3 and K2 are fat-soluble vitamins, which means they absorb best when taken with fat. Many quality D3+K2 products come in soft gels that contain a carrier oil (like olive or coconut oil) built right in. This improves absorption even if your meal does not contain much fat. You can find D3 and K2 sold together in one capsule — which is convenient and often more cost-effective. This works well as long as the product meets the standards above.

The Bottom Line
You have worked hard, raised families, cared for communities, and built lives. You deserve health information that treats you as the intelligent, capable woman you are — not oversimplified advice that misses the very real factors that shape your biology. The combination of vitamin D3 and K2 as MK-7 is not a trend. It is a science-backed strategy for protecting your bones, your heart, your blood sugar, and your independence — all the things that make it possible for you to keep doing what you love, on your own terms, for decades to come.

⚠️ IMPORTANT SAFETY WARNING: BLOOD THINNERS AND VITAMIN K2

If you are currently taking a blood thinner — especially warfarin (Coumadin) — you must speak with your physician before adding any form of Vitamin K2 to your routine..

Member Spotlight: Glenda Johnson





Three years ago, at the age of 75, Glenda Johnson walked through the doors of Fit Just4U with one goal in mind — to take control of her health and reclaim her life. At 5'1" and weighing over 200 pounds, wearing a size 18–20, she knew it was time for change. Glenda committed herself fully to personal training and embraced healthy nutrition with determination and discipline. She even journaled her journey to stay focused, accountable, and encouraged along the way. Within just six months, she lost 26 pounds and dropped three dress sizes.

Today, three years later, Glenda is proudly wearing a sassy size 12 and continues to inspire everyone around her. A wife of 56 years, mother of two sons, and grandmother of three, she understands that health is not about quick fixes — it is a lifelong commitment.

Glenda's journey is a beautiful reminder that it is never too late to choose yourself, invest in your health, and "Age Well with Strength, Purpose, and Power"

What's Up at Fit Just4U
"eBook Birthday Launch"



Coming June 29th

As I celebrate my 78th birthday, I am excited and honored to announce the upcoming release of my new eBook: "**Aging Well with Strength, Purpose and Power**". This inspiring guide was created especially for adults over 50 who desire to live healthier, stronger, and more purpose-filled lives. Drawing from more than 40 years of nursing experience and over 30 years in fitness. This eBook will provide practical wellness strategies, encouragement, healthy aging tips, and motivation to help you continue thriving through every season of life.

This launch is more than a birthday celebration — it is a celebration of health, resilience, faith, and the power of choosing wellness at every age.

Stay connected for release details, special launch announcements, and exciting opportunities to celebrate with us throughout the month of June.

"**Because aging is not about slowing down — it is about rising stronger with purpose and power**".



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