

Collagen and Midlife

A Simple Guide to Aging Well



BY BECKY CRYNE

WELCOME!



Hi! I'm Becky, and I'm passionate about empowering women to love their bodies and embrace the beauty of aging well. I believe that midlife is a time to thrive—not just survive. Let's put more LIFE into your years and live vibrantly—because you were designed to SHINE!

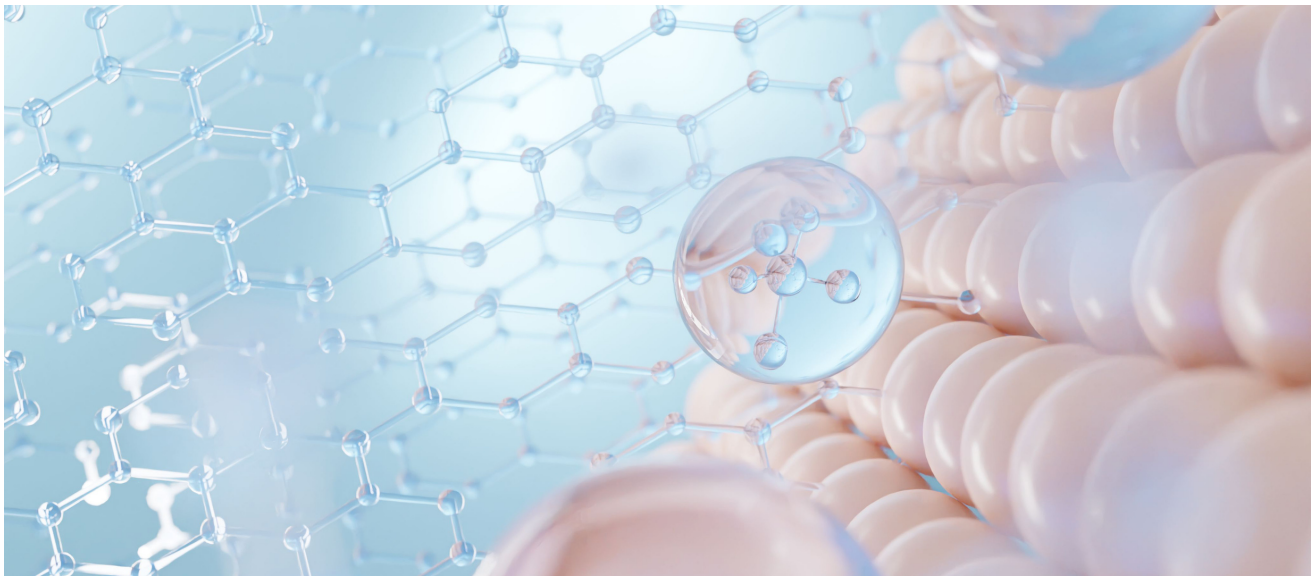
With over 25 years in the fitness industry, I've worn many hats: personal trainer, gym manager, group fitness instructor, yoga teacher, Pilates studio owner, and MELT Method instructor. My mission is to help women nourish their bodies and fall in love with the process of growing older—feeling strong, confident, and radiant at every stage.

I'm a mom to three teenagers, married to my college sweetheart, and share my home with a few beloved fur babies. I find joy in life's simple pleasures—listening to prairie grasses dance in the wind, watching sunsets over the Rocky Mountains, and tending to my garden. Like many women in this season, I'm also navigating the journey of perimenopause—and I believe we're better when we walk it together.

Becky

01 What is Collagen and why does it matter?

- Collagen is the most abundant protein in your body.
- It accounts for about 30% of your body's total protein.
- Collagen is the primary building block of your body's skin, muscles, bones, tendons, ligaments, and other connective tissues. It's also found in your organs, blood vessels and intestinal lining.
- Collagen's main role is to provide structure, strength and support throughout your body. Think of it as your bodies natural scaffolding.
- There are 28 kinds of collagen in the body! The most common are Types 1,2, and 3.
- When collagen levels are high, your skin is firm, your joints move with ease, and your body feels energized and resilient.



02 What happens to Collagen as we age?

- Starting in our mid-20s, our bodies naturally slow down collagen production—losing about 1–1.5% per year. Hormonal shifts in perimenopause accelerate this process even further.
- What you will notice:
 - thinner and less elastic skin
 - fine lines, wrinkles, and sagging skin
 - muscles shrink, get weaker, and ache
 - recovery takes longer
 - stiffer, less flexible tendons & ligaments
 - loss of joint mobility and joints may ache



Collagen plays a key role in maintaining youthful, glowing skin, flexible joints, strong bones, and a healthy gut lining. Replenishing your collagen can help reduce fine lines and wrinkles, promote joint comfort, support digestion, and increase overall vitality. It's not about chasing youth—it's about aging with strength, grace, and energy.

03 What Damages Collagen?

Many everyday factors break down collagen faster than we can rebuild it. These include:

- excessive sun exposure
- smoking
- alcohol
- poor sleep
- high sugar intake
- processed foods
- inflammation

Wear a SPF daily to protect your skin!



Trade up the alcoholic drink for a fun water hydration hack!

BLUEBERRY LIME

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 cup
blueberries

+



2 limes,
sliced

+



3 cups water
(filtered water, coconut water,
or soda water)

GRAPEMARY GODDESS

Directions: Put all ingredients in a large jar or bottle. Let it sit in the fridge for a few hours or overnight.



1 grapefruit
sliced

+



1 lime,
sliced

+



5-10 sprigs
fresh rosemary

+



3 cups water
(filtered water, coconut water,
or soda water)

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5 Pillars to Support your Collagen



Eat Well: Fuel your body with protein, vitamin C, zinc, and antioxidants. Whole foods like leafy greens, berries, seeds, and bone broth are collagen-friendly choices.



Move Well: Strength training, Pilates, and the MELT Method are great choices to support a healthy neurofascial system.



Sleep Well: Collagen production and repair happen during deep sleep. Aim for 7–9 hours each night to allow your body to restore.



Hydrate Well: Water is essential for collagen to stay plump and functional. Sip water throughout the day. Aim for 3L of water each day.



Supplement Well: Supplement with collagen, Vitamin C, and Vivix to reduce inflammation. Vitamin D is super important too!

Bonus Tip: Reduce your exposure to toxins in your life. Choose EWG certified personal care products and clean household products.

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Why supplement with Collagen?

Supplementing with collagen has these benefits:

- Firmer, more hydrated skin
- Joint comfort and mobility
- Stronger hair and nails
- Gut lining integrity
- Healthy aging and recovery

What to look for in a supplement

There are 28 types of collagen, but the main ones for aging well are:

- Type I – Found in skin, tendons, bones; supports firmness and elasticity
- Type II – Found in cartilage; supports joint health
- Type III – Found alongside Type I in skin, organs, and blood vessels

When choosing a supplement:

- Look for multi-type collagen (especially I, II, and III)
- Choose hydrolyzed collagen for better absorption
- Consider adding vitamin C to aid collagen synthesis
- Choose a collagen that has ALL 9 essential amino acids needed for protein synthesis (many only have 8)
- Look for products free from fillers, added sugar, or artificial ingredients

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My Top Picks for Collagen Support



Collagen: Includes all 9 essential amino acids, 2.5 g of collagen, combined with the benefits of biotin and vitamin C to promote healthy skin, hair, and nails. Learn more [here](#).



Up and Glowing: Get the benefits of green tea extract plus healthy hair, skin, and nails from hydrolyzed collagen, vitamin C, biotin, and hyaluronic acid. Learn more [here](#).



Vivix: Vivix is formulated to help protect against oxidative cell damage and help in energy metabolism, immune function and cardiovascular health. Learn more [here](#).

Want to learn more?



I help busy moms move well, think well, eat well, and sleep well using the Pillars of Wellness. Check out my website to Simplify your Wellness.

[Simplify Your Wellness](#)

It's Time to Put More Life in Your Years

