

## **Dr. Robert McGrath Addresses the Silent Struggle Men Over 40 Face**

Dr. Robert McGrath of Cherry Hill, New Jersey, shares an open letter to men experiencing declining energy, performance, and clarity in midlife.



**Cherry Hill, New Jersey May 12, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Robert C. McGrath, chiropractor and founder of The Barbell Doctor, has released an open letter aimed at men over 40 who feel a growing disconnect between their effort and their results.

The message is directed at those who continue to show up, work hard, and stay disciplined, yet feel like something is no longer working the way it used to.

“They’re not broken,” McGrath explains. “They’re out of alignment.”

## **A Quiet Pattern Affecting Millions of Men**

Many men experience a gradual shift in performance without a clear explanation. Energy becomes inconsistent. Recovery slows. Strength declines despite continued effort.

The data supports what many are feeling:

- Testosterone levels decline roughly 1% per year after age 30
- Nearly 40% of men over 45 have low testosterone levels
- Over 70% of adults in the U.S. are overweight or obese, impacting metabolic and hormonal health
- Sleeping less than 6 hours per night is associated with 10–15% lower testosterone levels
- Chronic stress is linked to elevated cortisol, reduced recovery, and long-term fatigue

Despite this, many men are told these changes are normal.

“Most men are told this is just part of getting older,” McGrath says. “In reality, they are not broken. They are out of alignment.”

## **Understanding What’s Actually Happening**

The issue is rarely one single factor. It is the result of multiple systems drifting out of sync over time.

Sleep becomes inconsistent. Stress remains elevated. Training loses structure. Nutrition becomes reactive.

Individually, these issues may seem small. Together, they create a noticeable decline.

“You cannot separate sleep, hormones, and recovery,” McGrath says. “They are part of the same system.”

This often leads to what he describes as a “wired but exhausted” state.

“Cortisol is not the enemy,” he adds. “But when it is elevated all the time, the system breaks down. You feel alert, but not truly energized.”

## **Why More Effort Isn’t the Answer**

Many men respond by increasing effort.

They train harder. Add more volume. Push through fatigue.

Over time, this approach stops working.

“Effort without direction has limits,” McGrath says. “At a certain point, the system has to change.”

The same habits that once created progress begin to create resistance.

“You’re not losing your edge,” he explains. “You’re applying it the wrong way.”

### **What You Can Do This Week**

Dr. McGrath emphasizes that improvement comes from consistent, structured changes, not extreme overhauls.

Here are ten practical actions individuals can take this week:

- Go to bed and wake up at the same time every day
- Track one key metric such as sleep, steps, or strength
- Complete three structured strength training sessions
- Reduce screen exposure before bed by at least 30 minutes
- Increase protein intake across meals
- Limit caffeine intake after early afternoon
- Take a daily walk without distractions
- Write down three weekly goals and review them daily
- Block time for recovery the same way you schedule work
- Review your week and make one adjustment for the next

“These are not complicated solutions,” McGrath says. “But they require discipline. And discipline is what creates results.”

### **A Different Way to Think About Aging and Performance**

The core message is not about decline. It is about alignment.

“Your body is not designed to fall apart at 40,” McGrath says. “It is designed to respond to how you treat it.”

When systems are aligned, performance can improve, even later in life.

### **Call to Action**

Readers are encouraged to choose one action from the list, commit to it for 7 days, and observe the results.

If the message resonates, share it with someone who may be experiencing the same challenges.

“You are not done,” McGrath says. “You are just getting started, if you approach it the right way.”

### **About Dr. Robert C. McGrath**

Dr. Robert C. McGrath is a chiropractor, entrepreneur, and founder of The Barbell Doctor, based in

Cherry Hill, New Jersey. He specializes in helping men over 40 improve strength, hormone health, and long-term performance through structured training, recovery, and lifestyle systems. A former competitive ice hockey player who trained at the Olympic Training Center and attended NHL training camps, he combines athletic experience with clinical expertise in longevity and regenerative medicine.

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