PHOENIX

FITNESS PRO

10 FREE WAYS TO

INCREASE TESTOSTERONE

NATURALLY

FOR MEN 35+

What the research shows raises testosterone, how much, and what you can do about it today.

EVIDENCE-BASED | NO PILLS | 4-WEEK PLAN

FREE. NATURAL. HONEST ABOUT THE EVIDENCE.

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WELCOME

The Straight Answer

Ten free habits and an honest look at the evidence.

Testosterone drifts down about 1% to 2% a year as men age [13]. Some free habits raise it in trials. Others keep it from dropping, and a few make no difference. This guide ranks ten of them by what the research found.

The rises in these studies are modest. Diet and sleep changes moved testosterone by about 10% to 15%, and men who lost a lot of weight saw larger gains. Each page shows the numbers, how strong the evidence is, and what to do.

HOW STRONG IS THE EVIDENCE?

STRONGER EVIDENCE	A meta-analysis of trials points the same way.
MODERATE EVIDENCE	Small trials or reviews, with some gaps.
LIMITED EVIDENCE	Few studies, small effects, or mixed results.
GUIDELINE ADVICE	A medical society recommendation.

WHAT THIS GUIDE DOES NOT PROMISE

The strongest data come from men with excess body fat, and the effects are modest. Many studies are small or short. No habit here guarantees a higher number, and none replaces a doctor. This guide covers no pills, powders, or products.

IMPORTANT

This guide is educational and does not diagnose or treat any condition. See a doctor if you have symptoms such as low sex drive, ongoing fatigue, or erectile problems. Do not stop a prescribed medicine on your own.

WHAT THE NUMBERS SHOW

The Scoreboard

Ranked by what studies found, not by popularity.

1 SLEEP
One week at about 5 hours cut daytime testosterone 10% to 15%. A full night protects that level.
PROTECTS

2 BODY FAT
Weight loss on a diet raised total testosterone about 83 ng/dL. Surgery raised it more.
RAISES

3 CALORIES
Eating less raised testosterone in men with extra body fat. In lean men of normal weight, it lowered it.
DEPENDS

4 FAT INTAKE
Low-fat diets ran 10% to 15% below higher-fat diets.
RAISES

5 ALCOHOL
Chronic heavy drinking lowers production. Cutting back removes that drag.
PROTECTS

6 LIFTING
No significant change in resting testosterone in older men.
NO CLEAR EFFECT

7 WALKING
Aerobic and interval training raised resting testosterone a small amount in older men.
RAISES

8 AND 9 TESTING
Finds low testosterone and the medicines or conditions behind it.
FINDS CAUSES

10 VITAMIN D
No effect on testosterone in 8 randomized trials.
NO CLEAR EFFECT

HOW TO READ THIS

Raises: a study found a rise. Protects: the habit keeps your level from falling. Depends: the result changed with the men studied. Sizes are averages. A higher number is not a goal in itself, and levels above normal carry risks.

BEFORE YOU FIX ANYTHING

Know Your Numbers

A diagnosis takes more than one blood test.

The American Urological Association gives three requirements for a diagnosis of low testosterone [2]. All three must apply.

1. **A low total testosterone**
   Below 300 ng/dL (about 10.4 nmol/L) is a reasonable cutoff.

2. **Two early-morning tests**
   Two total testosterone tests on separate days, both taken in the early morning.

3. **Symptoms or signs**
   Low sex drive, ongoing fatigue, or erectile problems, for example.

A single low result does not make a diagnosis, and neither do symptoms alone [2]. Testosterone varies through the day, which is why the guideline specifies early-morning tests.

WHERE LIFESTYLE FITS

The same guideline tells doctors to counsel every man with low testosterone on lifestyle changes [2]. Habits like the ten below are the first step, and your doctor decides what comes next.

GOOD TO KNOW

Labs report testosterone in ng/dL or nmol/L. Divide ng/dL by 28.8 to convert to nmol/L, so 300 ng/dL is about 10.4 nmol/L.

WAY 1

Protect Your Sleep

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

In a University of Chicago study, 10 healthy men with an average age of 24 limited their sleep to about 5 hours a night for one week. Their daytime testosterone fell by 10% to 15% [1]. The authors note that most of a man's daily testosterone release happens during sleep, and that sleep apnea goes with lower testosterone [1]. The sample was small and young, and the study tested a hard cut to 5 hours, so it cannot tell you what 6 hours does.

WHAT TO DO

1. Pick a wake time you can keep seven days a week, then count back 7 to 9 hours to set your bedtime.
2. Keep the bedroom dark and cool, and charge your phone outside the room.

SLEEP APNEA

Loud snoring, gasping at night, or heavy daytime sleepiness can signal sleep apnea. Ask your doctor about a sleep test.

FREE GUIDE

Phoenix Sleep Guide

Light timing and evening wind-down habits.

READ THE SLEEP GUIDE

WAY 2

Lose Extra Body Fat

STRONGER EVIDENCE

WHAT THE RESEARCH FOUND

A meta-analysis of 24 studies found that men who lost weight on a low-calorie diet gained 2.87 nmol/L of total testosterone, about 83 ng/dL. Men who lost weight through bariatric surgery gained 8.73 nmol/L. The amount of weight lost was the strongest predictor of the rise [3]. The studies enrolled men with excess weight, so this finding applies most if you carry extra body fat.

WHAT TO DO

1. Aim for slow, steady loss, and keep protein at every meal so you lose fat and keep muscle.
2. Track your waist once a week in the tracker on page 17.

CAUTION

If you take medicine for diabetes or blood pressure, tell your doctor before you cut calories, because weight loss can change your dose.

FREE TOOLS

TDEE and Protein Calculators

Estimate your daily calories and a protein target before you start.

OPEN THE TDEE CALCULATOR | PROTEIN CALCULATOR

WAY 3

Keep Calories Sensible

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

A review of 7 randomized trials found that cutting calories raised total testosterone in 3 of 4 studies of men with overweight or obesity. In healthy men of normal weight, it lowered total testosterone in 2 of 3 studies [4]. Body mass index decided the direction, so the same diet can help one man and hurt another.

WHAT TO DO

1. If you already look lean, hold your calories near maintenance and cut at a slow pace, if at all.
2. Lose weight only when you carry extra fat, and use Way 2 as your guide.

CAUTION

If you have a history of disordered eating, skip calorie tracking and talk with a professional before you change how much you eat.

YOUR NOTES

WAY 4

Eat Enough Healthy Fat

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

A meta-analysis of 6 small crossover trials with 206 men compared low-fat diets (about 19% of calories from fat) with higher-fat diets (about 39%). Total testosterone ran 10% to 15% lower on the low-fat diets, though still within the normal range [5]. The trials lasted 2 to 10 weeks, and the authors call for larger studies.

WHAT TO DO

1. Cook with olive oil and add fatty fish, eggs, or nuts to two meals a day.
2. Keep saturated fat under 10% of your calories, which is the federal limit [12].

CAUTION

Fat adds calories, so watch your total. If you have heart disease or high cholesterol, ask your doctor which fats suit you.

YOUR NOTES

WAY 5

Cut Back on Heavy Drinking

MODERATE EVIDENCE

WHAT THE RESEARCH FOUND

A 2023 review found that large amounts of alcohol go with lower testosterone, and that chronic heavy drinking reduces testosterone production. In some studies, small amounts raised testosterone for a short time [6]. That short rise is no reason to drink.

WHAT TO DO

1. Count your drinks for one week and write them in the tracker.
2. If you drink most days, build in several alcohol-free days each week.

IMPORTANT

If you drink heavy amounts every day, quitting all at once can be dangerous. Talk with a doctor before you quit.

YOUR NOTES

WAY 6

Lift for Muscle, Not Spikes

LIMITED EVIDENCE

WHAT THE RESEARCH FOUND

A meta-analysis in older men found that resistance training produced no significant change in resting testosterone [7]. A single workout raises testosterone for a short time, and in 49 trained men that rise did not predict gains in muscle or strength [8]. Lifting still earns its place. It builds muscle and strength, and the U.S. guidelines advise muscle-strengthening activity on 2 or more days per week [11].

WHAT TO DO

1. Lift on 2 days a week with big movements such as squats, rows, and presses.
2. Stop each set a rep or two before failure.

CHECK FIRST

If you have a chronic condition or have not trained in years, check with your doctor before you start.

FREE WORKOUTS

Muscle-building workout library

Strength sessions you can scale to your level.

OPEN THE WORKOUTS

WAY 7

Walk and Add Intervals

LIMITED EVIDENCE

WHAT THE RESEARCH FOUND

The same meta-analysis found that aerobic training and interval training produced small but significant increases in resting testosterone in older men [7]. Few studies exist and the effect was small, so treat this as a modest bonus on top of the other ways.

WHAT TO DO

1. Walk 20 to 30 minutes on most days.
2. Once a week, try a simple interval session: 1 minute brisk, 2 minutes easy, repeated 6 times. This is a Phoenix example, and no trial tested it.

CHECK FIRST

Ask your doctor before intervals if you have heart disease, high blood pressure, or chest symptoms.

FREE TOOL

Phoenix Walking Calculator

Turn your steps and time into a simple weekly target.

OPEN THE CALCULATOR

WAY 8

Test Before You Guess

GUIDELINE ADVICE

WHAT THE RESEARCH FOUND

The American Urological Association defines low testosterone as a total level below 300 ng/dL (about 10.4 nmol/L) on two separate early-morning tests, together with symptoms or signs. One low result, or symptoms alone, are not enough for a diagnosis [2].

WHAT TO DO

1. Write down your symptoms and how long you have had them.
2. Ask your doctor for two early-morning total testosterone tests on separate days.

GOOD TO KNOW

Do not self-diagnose from one result or from a list of symptoms. Many things besides testosterone cause fatigue and low drive.

YOUR NOTES

WAY 9

Check What Else Is Involved

GUIDELINE ADVICE

WHAT THE RESEARCH FOUND

The AUA guideline says doctors should consider testing men with certain conditions or exposures even without symptoms. The list includes diabetes, bone density loss, unexplained anemia, long-term opioid or corticosteroid use, male infertility, and pituitary problems [2]. A medicine or condition may explain a low result better than lifestyle does.

WHAT TO DO

1. Bring a list of your medicines and health conditions to your appointment.
2. Ask whether any of them could affect testosterone, and do not stop a prescription on your own.

IMPORTANT

Never change or stop a prescribed medicine without your doctor's guidance.

YOUR NOTES

WAY 10

Skip the Vitamin D Hype

10

STRONGER EVIDENCE

WHAT THE RESEARCH FOUND

A meta-analysis of 8 randomized trials found that vitamin D supplements had no significant effect on total testosterone in men (mean difference 0.20 nmol/L, 95% CI -0.20 to 0.60) [9]. A trial in middle-aged men with low testosterone found the same [10]. Vitamin D matters for other reasons, and it does not look like a testosterone fix.

WHAT TO DO

1. Spend your effort on Ways 1 to 5, which have more support.
2. Ask your doctor to check vitamin D if you suspect a deficiency.

ALSO WORTH KNOWING

The same caution applies to products sold as testosterone boosters. This guide covers none of them.

YOUR NOTES

PUT IT IN ORDER

Your 4-Week Plan

Start with the biggest levers and add one change at a time.

WEEK 1	**Baseline** Log your sleep and drinks every day. Measure your waist. Write down your symptoms. (Ways 1, 5, 8)
WEEK 2	**Food** Set a bedtime and keep it. If you carry extra fat, start a slow deficit. If you are lean, hold maintenance and add healthy fats. (Ways 2, 3, 4)
WEEK 3	**Movement** Lift on 2 days and walk most days, adding one easy interval session if your doctor agrees. (Ways 6, 7)
WEEK 4	**Review** Compare your tracker with week 1. If symptoms persist, book a doctor visit and bring your list of medicines. (Ways 8, 9, 10)

BE PATIENT

Hormones move at a slow pace, and a month of habits will not move a lab result by itself. Judge your progress by sleep, energy, strength, and waist, and let your doctor judge any retest.

KEEP TRACKING

Daily Readiness Score

A wearable-free daily check-in for sleep, recovery habits, hydration, protein, and training load. Member login required.

OPEN THE SCORE

YOUR WEEKS

Progress Tracker

WEEK	SLEEP (H)	DRINKS	LIFTS	WALKS	WAIST (IN)	ENERGY
Baseline						
Week 1						
Week 2						
Week 3						
Week 4						

Sleep: average hours per night. Drinks: total for the week. Lifts and walks: days per week. Waist: measure at the navel each week. Energy: rate 1 to 10. Use the same scale every time and look for trends, not single days.

MY SYMPTOMS

Write down any symptoms you want to raise with your doctor, with dates:

_____

RESEARCH AND SAFETY

What the evidence says

Many of these studies are small or short, so the findings point in a direction and do not predict your result.

[1] Effect of 1 week of sleep restriction on testosterone levels in young healthy men. *JAMA*, 2011. pmc.ncbi.nlm.nih.gov/articles/PMC4445839/

[2] Evaluation and management of testosterone deficiency: AUA guideline. *J Urol*, 2018 (validity confirmed 2024). www.auanet.org/guidelines-and-quality/guidelines/testosterone-de...

[3] Body weight loss reverts obesity-associated hypogonadotropic hypogonadism: a systematic review and meta-analysis. *Eur J Endocrinol*, 2013. pubmed.ncbi.nlm.nih.gov/23482592/

[4] Examining the effects of calorie restriction on testosterone concentrations in men: a systematic review and meta-analysis. *Nutr Rev*, 2022. pubmed.ncbi.nlm.nih.gov/34613412/

[5] Low-fat diets and testosterone in men: systematic review and meta-analysis of intervention studies. *J Steroid Biochem Mol Biol*, 2021. pubmed.ncbi.nlm.nih.gov/33741447/

[6] The effects of alcohol on testosterone synthesis in men: a review. *Expert Rev Endocrinol Metab*, 2023. pubmed.ncbi.nlm.nih.gov/36880700/

[7] Short-term exercise training inconsistently influences basal testosterone in older men: a systematic review and meta-analysis. *Front Physiol*, 2018. doi.org/10.3389/fphys.2018.01878

[8] Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men. *J Appl Physiol*, 2016. pubmed.ncbi.nlm.nih.gov/27174923/

[9] The effect of vitamin D supplementation on the androgenic profile in men: a systematic review and meta-analysis of clinical trials. 2019. pubmed.ncbi.nlm.nih.gov/31332821/

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[11] Physical Activity Guidelines for Americans, 2nd edition. U.S. Department of Health and Human Services. odphp.health.gov/our-work/nutrition-physical-activity/physical-a...

[12] How do the 2025-2030 Dietary Guidelines for Americans measure up for cardiovascular health? American College of Cardiology, 2026. www.acc.org/Latest-in-Cardiology/Articles/2026/01/27/16/22/How-D...

[13] Sleep loss lowers testosterone in healthy young men (age-related decline of 1% to 2% per year). University of Chicago Medicine, 2011. uchicagomedicine.org/forefront/news/sleep-loss-lowers-testostero...

SAFETY

This guide is educational and is not medical advice. Natural does not mean risk-free. Talk with a doctor before you change your diet, drinking, or exercise if you have a medical condition, take medicine, or have symptoms of low testosterone. Do not stop a prescription on your own.

ABOUT THE AUTHOR

John Solomou

Founder, Phoenix Wellness Team



A few years ago, a 100% artery blockage nearly killed me. That moment ended the habit of living stressed out, tired, and running on empty. I took control of my health for myself and for the people who depend on me.

Since then I have studied how to stay strong, feel calm, and live with purpose, and I share what I learn here and on my YouTube channel. I am not a guru. I am a regular guy who learned this the hard way.

This guide asks you to fix the basics first and let the evidence decide the rest.

You can do this. Let us reclaim your health together.

Keep going with Phoenix Fitness Pro

VISIT PHOENIXFITNESSPRO.COM

WATCH ON YOUTUBE

READ THE SLEEP GUIDE

FREE WORKOUTS