

Toronto Functional Medicine Centre Publishes New Wellness Guide for Athletes Over 40

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TORONTO, ON - November 16, 2026 -
Toronto Functional Medicine Centre has released a new blog article titled "8 Functional Medicine Wellness Tips for Toronto Athletes Over 40," offering guidance for aging athletes who want to maintain performance and overall health through an integrative approach.

The article addresses common concerns faced by athletes navigating the physical changes that accompany aging. It outlines practical wellness considerations across eight areas, including nutrition, hydration, sleep, fatigue, digestive health, hormonal changes, supplement use, and stress management. Each section reflects the clinic's integrative functional medicine framework, which considers nutrition, sleep, stress, hydration, and lifestyle as interconnected factors in athletic wellness.

The guide notes that adequate energy intake from carbohydrates, proteins, and fats may help support training demands, and it suggests that working with a holistic nutritionist with sports nutrition knowledge may be useful. Individualized hydration planning is also discussed, with attention to exercise intensity and

environmental conditions. The article explains that consistent fluid intake remains a foundation of hydration, while other supportive measures should be considered on a case-by-case basis.

Sleep receives particular attention in the piece, which describes rest as central to recovery, cognitive function, and physical performance. The article recommends establishing a consistent bedtime routine and managing pre-competition stress to support sleep quality. It also addresses persistent fatigue, advising that unexplained tiredness be assessed by a healthcare provider to rule out concerns such as iron deficiency or thyroid issues.

Additional sections examine digestive symptoms that may arise during exercise, suggesting that a food and symptom journal might help identify patterns. The guide discusses hormonal changes that can accompany aging, noting that shifts in recovery times or menstrual cycles may warrant assessment based on symptoms and medical history. On supplements, the article advises a cautious approach, recommending use only when a deficiency has been identified and guidance has been sought from a healthcare provider. The final section addresses stress management, describing practices such as meditation, yoga, and breathwork that may help support recovery.

The publication reflects the ongoing educational focus of the Toronto Functional Medicine Centre, which regularly shares articles on integrative functional medicine topics through its blog. Recent and forthcoming content spans a range of subjects, including a Toronto Functional Medicine Perspective on Top 10 Brazilian PANCs, which explores lesser-known plant foods and their place in nutrition.

The centre, located in the Yorkville area of Toronto, takes an integrative approach built around three areas of focus: gut health, brain health, and hormonal balance. Its practitioners work to identify the root causes of health concerns, reduce inflammation, support immune function, and improve cellular health.

Services offered at the clinic include acupuncture, integrative functional medicine, IV therapy, naturopathic medicine, detoxification, and bio-identical hormone therapy. The centre also provides lab testing and pain therapies such as cold laser and shockwave approaches, along with an IV Lounge for restorative infusions. Both virtual and in-person appointments are available.

The new article is intended as educational content and is not a substitute for professional medical advice. Athletes over 40 and others interested in integrative wellness can access the full guide through the clinic's blog.

Toronto Functional Medicine Centre is a health and wellness facility in Toronto, Ontario, offering integrative

functional and naturopathic care with a focus on personalized, whole-person wellness. Visit their website or call us at (416) 968-6961, or email us at info@tfm.care.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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