AMBITIOUS DADS CLUB · RELAY

THE LOW T ACTION PLAN



What I'd have you doing to give your testosterone the best chance.
None of it needs a prescription.

Most of what drags testosterone down is stuff you can change.
Work down this list in order. The first few make the biggest difference.

01 GET YOUR NUMBER

You can't fix what you haven't measured.
Book a blood test, at the GP or privately.

- ✓ **Total testosterone**, taken between 7 and 11am, ideally fasted
- ✓ **SHBG and albumin**, so your free testosterone can be worked out
- ✓ **LH, FSH and prolactin**, which show why it might be low
- ✓ While you're there: full blood count, HbA1c (blood sugar), cholesterol, thyroid. Over 40, a PSA too.
- ✓ If it's under 12, get it repeated about four weeks later. One test is never enough.

Under 8 nmol/L	Low. Should lead to a referral.
8 to 12	Grey zone. A specialist can consider a trial of treatment.
Over 12	Treated as normal on the NHS.

Private tests: Medichecks from £19 (finger-prick) or about £54 with a blood draw. Randox about £48.
Always ask for your actual number, not just "normal".

02 BRING YOUR WAIST DOWN

This is the big one.
Belly fat turns testosterone into oestrogen, and low testosterone makes it easier to store more belly fat.
Losing about 10% of your body weight raised testosterone by around 3 nmol/L in the research.

- ✓ Measure round your belly button once a fortnight. Aim for under 37 inches.
- ✓ Lose it steadily: around 0.5 to 1% of your body weight a week.
- ✓ Protein at every meal. It keeps you full and protects your muscle.

03 DON'T DIET TOO HARD FOR TOO LONG

I've been there.
Got too lean, ate too little for too long, and my testosterone and libido went through the floor.

- ✓ Keep fat at 40g a day or more, even when you're dieting. Eggs, olive oil, nuts, oily fish, avocado.
- ✓ Take a break at maintenance calories every 8 to 12 weeks of dieting.
- ✓ If you're tired all the time, cold and your sex drive has vanished, you're probably eating too little.

04 SLEEP 7 HOURS OR MORE

Most of your testosterone is made while you sleep.
A week on 5 hours a night cut young men's testosterone by 10 to 15%.

- ✓ Same bedtime most nights, even at weekends
- ✓ Phone out of the bedroom. Dark, cool room.
- ✓ No caffeine after midday
- ✓ Loud snoring or waking up exhausted? Ask your GP about sleep apnoea. It's linked to low testosterone.

05 CUT THE DRINK BACK

Regular heavy drinking lowers testosterone and wrecks your sleep on top.
The good news: levels come back within a few weeks of cutting down.

- ✓ Stay under 14 units a week (about 7 pints)
- ✓ Make weeknights alcohol-free

06 LIFT WEIGHTS 2 TO 3 TIMES A WEEK

I'll be straight with you.
Lifting doesn't pump testosterone up much on its own.
It builds muscle, sorts your blood sugar and helps shift the belly fat that drags testosterone down.

- ✓ Big lifts: squat, deadlift or trap bar, press, row, pull-ups
- ✓ Walk every day. 8,000 to 10,000 steps is a good target.

07 GET A HANDLE ON STRESS

Long-term stress keeps cortisol high, and cortisol and testosterone don't get on.
It also hits your sleep and what you eat at 9pm.

- ✓ A 10 minute walk without your phone, every day
- ✓ A proper wind-down before bed, not emails
- ✓ Say no to one thing this week

08 CHECK THE OTHER STUFF

- ✓ **Blood sugar:** around a third of men with type 2 diabetes have low testosterone. Know your HbA1c.
- ✓ **Medication:** long-term opioid painkillers and some other medicines lower testosterone. Ask your GP or pharmacist.
- ✓ **Supplements:** skip the "test boosters". Vitamin D and zinc only help if you're low in them, so test first.

09 IF YOU GO ON TRT

- ✓ **It stops sperm production in most men.** If you want more children, say so first.
- ✓ Only use a clinic that tests twice in the morning before prescribing
- ✓ Bloods at about 3 months, 6 to 12 months, then yearly: testosterone, full blood count and PSA
- ✓ Keep doing everything above. TRT works far better on top of it.

UK clinics I'd look at: Leger Clinic (about £123 a month in year one), Voy (£99 to £169, bloods included), Manual (same group and doctors as Voy, from about £60 to £110 a month, so check what bloods cost on top), Numan (diagnosis up to £149).
Get the full yearly cost in writing first.

YOUR WEEKLY CHECK

Tick it off	M	T	W	T	F	S	S
7+ hours sleep							
Protein at every meal							
8,000+ steps							
Weights session							
No drink							
10 minute walk, no phone							

Waist this fortnight: _____ inches.
Blood test booked: yes / no.

For information only. Not a diagnosis or medical advice. I'm a coach, not a doctor. Low testosterone can only be confirmed with blood tests and a clinician. Prices checked October 2026.