Muscle is your retirement plan

From your thirties you slowly lose muscle. Training slows it down. It is never too late to start.

The slow leak

After about 30, most adults lose around three to eight percent of their muscle each decade. It speeds up after 60. One day the shopping is heavy and a fall is something to fear.

Training slows that down, at any age. People in their seventies, eighties and nineties get stronger in studies.

What muscle does for you

- With balance work, keeps you steady on your feet.
- Can ease back and joint pain for many people.
- Helps control blood sugar.
- Lets you keep doing the things you enjoy.

What to do

Lift something heavy, for you, two or three times a week. Eat enough protein. That is it.

Over 50 and new to this? Start with Strong and steady at 50+. Over 65? Stay steady at 65+. If you have a health condition, check with your doctor first.

SOURCES

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