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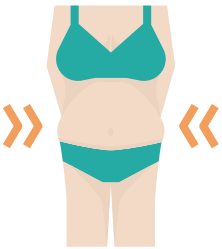
5 REASONS

MUSCLE MASS BENEFITS HEALTHY AGING

On average, between the ages of 40-60, a person gains about 1 pound of fat per year and loses a 1/2 pound of muscle.

A loss in lean muscle tissue affects our health in many ways and puts us at greater risk for disease.

Obesity



Muscle mass is associated with your basal metabolic rate (BMR), or the amount of calories you burn at rest. Muscles, even at rest, require energy in the form of calories while fat cells do not. So the greater amount of lean muscle tissue you have, the more calories you burn throughout the day decreasing the likelihood of excessive fat accumulation and obesity. Obesity is a contributing factor to many chronic diseases such as systemic inflammation, cardiovascular disease, metabolic syndrome, diabetes and nonalcoholic fatty liver.

Diabetes and Insulin Resistance

Muscle is required to clear glucose from the blood and help to maintain healthy blood sugar levels. Insulin resistance is the first step in the progression of diabetes. It occurs when insulin is secreted by the pancreas, in response to a high sugar meal, but loses its ability to stimulate muscle to take up glucose from the blood. This results in high blood sugars which can lead to diabetes. Greater muscle mass is associated with better insulin sensitivity and a lower risk of developing diabetes. For every 10% increase in skeletal muscle mass, there is an 11% decrease in insulin resistance.

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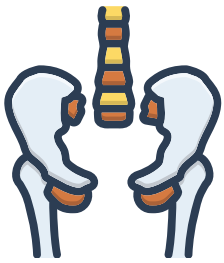
Recovery from Illness or Disease

Illness and disease increases the body's need for protein in order to heal. Often times the protein needs are far beyond what we can get from our daily diet, thus the breakdown of muscle occurs to meet the increased protein requirement. Individuals with lower levels of muscle mass will have greater difficulty meeting the demands caused by illness. Deficiency of muscle mass prior to illness makes recovery of normal function more difficult. In fact, loss of muscle mass is known to be detrimental to survival from cancer.

Maintain Strong, Healthy Bones



It has been shown that greater muscle mass is a consistent predictor of better bone health in older men and women. Not only does muscle contraction create a force on the bone which stimulates healthy bone remodeling, several studies have shown a positive correlation between muscle size and bone density and strength. Lower amounts of skeletal muscle mass is correlated with weaker and thinner bones. Keeping your bones strong and healthy as you age requires the maintenance of adequate muscle mass and function.

Increased Risk of Falls and Fractures

Reduced muscle mass leads to frailty and a decline in mobility. Muscle weakness, especially in the lower leg muscles, is associated with poor balance and increased risk of falls and fractures. People with decreased muscle mass have over twice the risk of falling and breaking a bone. Hip fractures are the most serious consequence of falling because they are correlated with a higher mortality risk for up to 10 years after the fracture.

Is your current exercise program effective in increasing muscle mass?

If you aren't sure whether your exercise program is truly effective or you need some suggestions on where to begin, then it's time for an Exercise Review Session!

Right now I'm offering these 30 minute sessions at a reduced rate of $47

The session includes:

- Comprehensive review of your health and physical well-being
- Review, revision OR development of new home exercise program
- Downloadable exercise instructions and handouts

Register Here

*Limited Spots Available

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