

THIS WEEK'S QUESTION

How Does Muscle Health Support Healthy Aging?

“ Dr. Hirsch says:

Muscle health is about more than appearance. It helps support strength, mobility, balance, recovery, and the ability to stay active as we age.

Everyday habits like protein, movement, resistance training, sleep, and recovery all help support how the body functions over time.

The goal is not perfection. It's consistency. Small supportive habits can help protect strength and independence in meaningful ways.

MORE COMMON QUESTIONS

1 Do I need strength training every day?
No. The goal is consistency. Resistance exercise a few times a week, along with regular movement, can make a meaningful difference.

2 Does protein matter for muscle health?
Yes. Protein helps support muscle maintenance and recovery, especially as we age.

3 Why does recovery matter?
Muscle support isn't just about exercise. Sleep, nourishment, and recovery help the body repair and function well.

4 Is muscle health only about exercise?
No. Movement, strength work, protein, sleep, and everyday habits all work together to support muscle health.



KEEP MOVING

Regular movement helps support mobility, function, energy, and healthy aging.



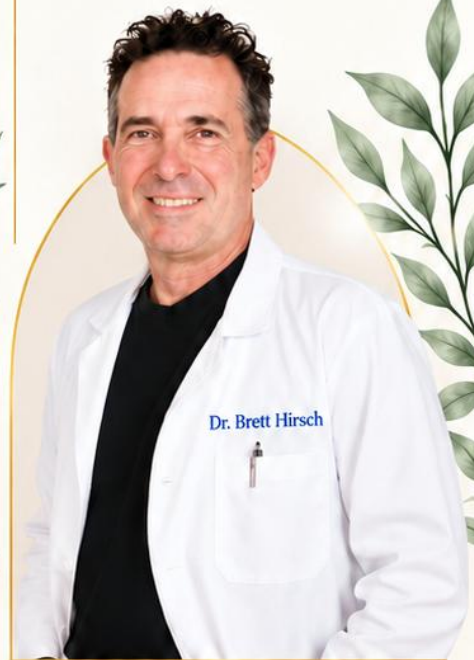
PROTECT STRENGTH

Supporting muscle matters for balance, resilience, metabolism, and everyday function.



SUPPORT RECOVERY

Sleep, protein, and recovery help your body repair, recharge, and stay strong.



Dr. Brett S. Hirsch, D.O.

PHYSICIAN-GUIDED WELLNESS

Muscle health isn't defined by one workout.
It's supported by the everyday habits that help us stay strong and active.

LEARN. GROW. THRIVE.



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