

Your Muscle Health Score™: ____

Here's your Muscle Health Results™ to save for future reference.

MUSCLE HEALTH RESULTS™

Your score is a snapshot of the everyday habits that currently support your strength, mobility, recovery, and muscle health. Find your score range below to learn more about your results and identify one simple way you may want to support your muscle health over the next 30 days.

30–36 | THRIVING

You have a strong foundation of habits that support muscle health and healthy aging.

Your answers suggest that you regularly include movement, strength-building activity, supportive nutrition, recovery, and other habits that help maintain strength and everyday function.

Try This: Choose one area to build on this month. Add a little more resistance, increase your protein at one meal, improve your recovery routine, or challenge your balance and stability in a new way.

23–29 | BUILDING STRONG HABITS

You're already doing many things that support your muscles—and you have opportunities to make those habits even more consistent.

Your answers suggest that strength, movement, nutrition, and recovery are part of your routine, even if some areas receive more attention than others.

Try This: Choose one muscle-supporting habit to practice more consistently. Add resistance exercise a few times each week, include protein more intentionally, or break up long periods of sitting with short movement breaks.

15–22 | GROWING YOUR HABITS

You have a foundation to build on—and small, consistent changes can help support your strength and mobility over time.

Your answers suggest that some muscle-supporting habits are already present, while others may not yet be part of your regular routine.

Try This: Start with one simple habit. Take a short walk, add a protein-rich food to one meal, practice a few basic strength movements, or spend a few minutes working on balance or flexibility.

0-14 | A GREAT PLACE TO START

Your score is a starting point—not a judgment.

Muscle health is supported by many everyday choices, and you do not need an intense fitness routine to begin. Small amounts of movement, strength-building activity, supportive nutrition, and recovery can all contribute over time.

Try This: Choose one small action you can repeat most days. Stand up and move more often, add a protein source to a meal, take a short walk, or begin with a few simple strength movements.

TAKE IT AGAIN IN 30 DAYS

Muscle-supporting habits can grow through consistency. Come back in 30 days, take the DHmeds [Muscle Health Assessment](#)™ again, and compare your new Muscle Health Score™ with the score you received today.

Small changes practiced consistently can add up over time.

KEEP EXPLORING

Visit the DHmeds [BODY Learning Center](#)™ for Muscle Health resources, assessments, Featured Articles™, Dr. Hirsch Explains™, Healthy Aging Hacks™, FAQs, infographics, weekly recaps, and more.

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Keep learning. Keep growing. Keep living well™.

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