

MUSCLE HEALTH FAQs

YOUR QUESTIONS. ANSWERED.

Muscle health is about more than appearance. It includes the everyday habits that support strength, mobility, recovery, energy, and how well your body functions over time. Here are answers to the questions we hear most often.

PROTECT
STRENGTH
SUPPORT
RECOVERY



1

WHAT DOES MUSCLE HEALTH REALLY MEAN?

Muscle health refers to how well your muscles support strength, mobility, balance, recovery, and everyday function.



2

IS MUSCLE HEALTH ONLY ABOUT EXERCISE?

No. Movement, protein, sleep, recovery, and everyday habits all play important roles.



3

HOW IMPORTANT IS REGULAR MOVEMENT?

Very. Regular movement can support strength, mobility, endurance, and healthy aging over time.



4

DOES SLEEP REALLY MATTER?

Yes. Quality sleep supports recovery, repair, energy, and overall wellness.



5

DOES PROTEIN MATTER FOR MUSCLE HEALTH?

Absolutely. Protein helps support muscle maintenance, repair, and recovery, especially as we age.



6

DOES STRENGTH TRAINING MATTER AS WE AGE?

Yes. Strength helps support mobility, independence, resilience, and everyday function as we age.



7

WHY DOES RECOVERY MATTER?

Recovery gives the body time to repair and adapt. Sleep, nourishment, and rest all matter.



8

IS IT TOO LATE TO BUILD HEALTHIER HABITS?

No. Positive changes can begin at any age. Start with one realistic habit and build from there.



9

DO SMALL CHOICES REALLY MAKE A DIFFERENCE?

Yes. Small, steady habits practiced consistently can add up over time and help support long-term muscle health.



10

HOW CAN I SEE WHERE I'M DOING WELL?

Take the DHmeds Muscle Health Score™ for an educational snapshot of your everyday habits and overall muscle health.

BETTER HABITS TODAY
A STRONGER TOMORROW



DISCOVER YOUR
**MUSCLE HEALTH
SCORE™**
DHmeds.com



LEARN
GROW
THRIVE