

Muscle Health & Healthy Aging

Why what you preserve matters

1 Why Muscle Matters

- ✓ Supports strength and mobility
- ✓ Helps maintain metabolism and function
- ✓ Contributes to independence as we age

MUSCLE
BUILDS
MORE THAN
A STRONGER
YOU —
IT BUILDS A
BRIGHTER
TOMORROW.

2 Think Beyond the Scale

Weight loss is only part of the story. Healthy aging also means supporting lean mass, strength, energy, and physical function.

MORE
STRENGTH
MORE ENERGY
MORE LIFE

3 What Supports Muscle Health?



Protein

BUILDING BLOCKS
FOR A STRONGER YOU



Resistance Training

BUILDS AND
PRESERVES LEAN MASS



Daily Movement

KEEPS YOU ACTIVE
AND CAPABLE



Sleep & Recovery

HELPS MUSCLES REPAIR
AND RECHARGE



Consistency

SMALL, STEADY CHOICES
CREATE LASTING RESULTS

4 A Better Question

“ *Don't just think about what you're losing.
Think about what you're preserving.* ”

PRESERVE
STRENGTH.
PRESERVE
INDEPENDENCE.
PRESERVE
MORE OF YOU.

5 The Bottom Line

Muscle health is a healthy-aging goal. Supporting muscle can help you stay active, capable, and engaged in everyday life.

*More
Good Days
Ahead*



What's Your Muscle Health Score™?

Explore the BODY Learning Center at DHmeds.com

