

Healthy Aging HACKS™

BODY | Muscle Health Edition

SIMPLE CHOICES. REAL RESULTS.



1

CHOOSE PROTEIN



Include protein throughout the day to help support muscle maintenance, recovery, and steady energy as you age.



2

STRENGTH TRAIN



Resistance exercise a few times each week can help support strength, mobility, and long-term muscle health.



3

MOVE EVERY DAY



Walking and other regular movement help support circulation, endurance, independence, and healthy aging.



4

PRIORITIZE SLEEP



Quality sleep supports recovery, repair, energy, and the healthy routines that help your body function well.



5

SUPPORT RECOVERY



Give your body time to rest, refuel, and recharge. Recovery is part of staying strong and active over time.



6

STAY CONSISTENT



Small steady habits practiced over time can help protect strength, mobility, and confidence as you age.



DISCOVER YOUR MUSCLE HEALTH SCORE™

Take the free assessment and get a snapshot of your current habits, plus simple next steps for a stronger you.

DHmeds.com



*Everyday
Strength Matters*