

STRONG IS THE NEW LONG

MUSCLE & LONGEVITY

Muscle strength is one of the strongest predictors of healthy aging.

It plays an important role in blood sugar regulation, joint stability, bone health, mobility, and maintaining independence as we age. Because muscle mass naturally declines over time, it's important to actively challenge and strengthen muscles throughout life.

Resistance training, which includes any activity that works muscles against a load or resistance, can help slow, prevent, and even reverse age-related muscle loss. Research shows that muscle-strengthening activities can reduce the risk of chronic conditions such as cardiovascular disease, type 2 diabetes, and certain cancers. Significant health benefits can be achieved with as little as **30 to 60 minutes** of strength training per week.

Strength training works by creating small stresses in muscle fibers, prompting the body to repair and rebuild them stronger. Over time, this leads to increased strength, improved balance, better metabolic health, and greater resilience for everyday activities. Stronger muscles also support good posture, help reduce back pain, and protect joints by improving overall movement and stability.

STRONG MUSCLES SUPPORT HEALTHY MOVEMENT, POSTURE, AND JOINT FUNCTION.

You don't need heavy weights to start. Accessible options include:

- Chair sit-to-stands
- Wall pushups
- Step-ups
- Glute bridges
- Resistance band rows

The key is consistency and gradual progression, slightly harder, slightly longer, or slightly more repetition over time.

Momma, H., Kawakami, R., Honda, T., & Sawada, S. S. (2022). Muscle-strengthening activities are associated with lower risk and mortality in major non-communicable diseases: a systematic review and meta-analysis of cohort studies. *British Journal of Sports Medicine*, 56(13). <https://doi.org/10.1136/bjsports-2021-105061>