

Staying Strong: Your Guide to Muscle and Bone Health

What is "The Aging Athlete" Strategy?

As we get older, our bodies can become a bit "stubborn." Even if you are active, your body may start to lose muscle and bone density faster than it did in your 30s. This strategy is about "flipping the switch" back to growth mode by using specific nutrition and movements to keep your frame strong, your energy high, and your independence secure.

Why This Matters For You

- **Protect Your Independence:** Strong muscles and bones are the best insurance policy against falls and injuries, keeping you mobile for decades to come.
- **Boost Your Metabolism:** Muscle is your body's "engine." The more muscle you keep, the easier it is for your body to manage blood sugar and maintain a healthy weight.
- **Invest in Your "Longevity Currency":** Think of muscle as money in the bank. The more you have, the more "metabolic mistakes" your body can handle as you age.

What You Can Do Today

1. **Eat More Protein at Each Meal:** Your body needs a bigger "signal" to build muscle now. Aim for about 30–40 grams of high-quality protein (like chicken, fish, steak, or Greek yogurt) at breakfast, lunch, and dinner to "flip the switch" for muscle growth.
2. **Lift Something Heavy:** While walking is great for your heart, your bones need "loading" to stay strong. Try to include resistance training (weights, bands, or bodyweight exercises) at least 2–3 times a week.
3. **Focus on "Bone Builders":** Talk to your practitioner about adding **Creatine** (for muscle energy), **Collagen** (for joints and bones), and **Vitamin K2** (which acts like a traffic cop to move calcium into your bones instead of your arteries).
4. **Mind Your Digestion:** If you feel bloated after eating protein, you might have low stomach acid. You can't build muscle if you aren't absorbing your nutrients!

Questions to Discuss with Your Practitioner

- **How is my "Anabolic Drive"?** (Can we look at my IGF-1 or Vitamin D levels?)

- **What did my DEXA scan show?** (Let's look at my bone density and muscle mass scores together.)
 - **Is my grip strength where it should be?** (Can we test this today to see how I compare to the goals for my age?)
 - **Am I hitting my "Leucine Threshold"?** (Help me tweak my daily meals to make sure I'm getting enough protein to trigger muscle growth.)
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