



PILLAR 2 — STENGTH & MUSCLE

Build and Protect Your Physical Engine

Skeletal muscle is far more than something that changes the way we look. It is one of the most important tissues in the body for movement, strength, glucose regulation, metabolic health, balance, bone loading, recovery, and long-term physical independence.

As we age, both muscle mass and strength tend to decline unless we deliberately work to preserve them. This age-related loss can gradually reduce physical capacity and make everyday tasks more difficult.

At the same time, aging muscle becomes less responsive to the normal signals that stimulate growth and repair — a phenomenon known as **anabolic resistance**.

That means preserving and building muscle in later life requires greater attention to the fundamentals.

Important areas include:

- progressive resistance training
- adequate protein intake
- sufficient total nutrition and energy intake
- training intensity and progression
- recovery between workouts
- sleep
- regular physical activity
- maintenance of joint and musculoskeletal health
- consistency over time

Why Strength Matters

Strength is one of the clearest indicators of physical capability. It influences our ability to:

- rise from a chair
- climb stairs
- carry groceries or luggage
- lift and move objects
- get up from the floor
- maintain balance
- protect ourselves during a stumble or fall
- participate in recreational activities
- recover after illness, injury, or surgery
- continue living independently

Muscle also contributes to metabolic health by serving as a major site for glucose disposal and energy use. The more muscle and strength we maintain, the greater the physical capacity we have available for everyday life.

Muscle Is Reserve

One of the central ideas of Metabolism-U is that we should build more physical capacity than we need for routine daily activities.

Illness, surgery, hospitalization, injury, inactivity, and aging can all result in loss of muscle and strength. If we begin with very little reserve, even a temporary setback may have a major impact on function. If we begin with greater strength and muscle, we have more capacity available to absorb those challenges.

Muscle is not simply something to maintain. It is something to invest in.

The Metabolism-U Approach

Resistance training should be viewed as a lifelong health strategy. The goal is not necessarily to become a bodybuilder but is to progressively develop and preserve enough muscle and strength to support metabolism, movement, resilience, and independence throughout life.

- train consistently
- eat enough high-quality protein
- recover well
- continue progressing.

Whenever possible: **Build more strength and muscle than you need today — because someday, you may need the reserve.**

Better Metabolism – Stronger Body – More Independent You.

ABOVE ALL – NEVER SETTLE.