

MYOKINES: MUSCLE'S SECRET MEDICINE

What Are Myokines?

Think of your muscles as a pharmacy. Each time they contract, they release powerful messengers called myokines. These molecules circulate throughout your body, improving health, fighting disease, and slowing decline. Muscle is the pharmacy. Myokines are the medicine. Strength training is the delivery system.

Why Myokines Matter

The science is clear: resistance training is one of the most effective ways to release myokines. These molecules do far more than build muscle.

- » **Metabolic regulators.** Myokines like IL-6, IL-15, and irisin enhance glucose control, fat metabolism, and insulin sensitivity—helping fight and prevent type-2 diabetes.
- » **Anti-inflammatory power.** Exercise-released IL-6 triggers anti-inflammatory pathways, lowering harmful systemic inflammation and supporting recovery.
- » **Brain and cognition.** Myokines such as BDNF (brain-derived neurotrophic factor) and CTSB improve memory, mood, and learning while protecting against cognitive decline.
- » **Immune defense.** Research suggests myokines strengthen immune signaling and may even play a role in cancer protection.



Why Strength Training Is the Delivery System

Unlike casual activity or steady-state cardio, evidence-based resistance training provides the targeted stimulus to maximize myokine release.

- » **Effort-driven.** It doesn't require marathon workouts. The right level of effort is what unlocks the medicine.
- » **Safe and sustainable.** With Exerbotics, resistance is precisely controlled and joint-friendly, so every fitness level benefits.
- » **Consistent activation.** The Exercise Coach protocols ensure myokines are released **in every session**, with no wasted effort.

What Myokines Do for You

When you train your muscles to release myokines, you unlock a cascade of benefits:

- » **Metabolic protection.** Better blood sugar regulation and fat balance.
- » **Lower inflammation.** Healthier heart, joints, and circulation.
- » **Cognitive resilience.** Sharper thinking, stronger memory, elevated mood.
- » **Immune strength.** Improved defense and systemic resilience.
- » **Age resistance.** Myokines counter muscle loss (sarcopenia) and drive healthier aging.

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Bottom Line: Muscle as Medicine

At The Exercise Coach, we believe:

- » **Muscle is the pharmacy.**
- » **Strength is medicine.**
- » **Evidence-based resistance training is the delivery system.**

If you want to protect your health, sharpen your mind, and fight aging at the cellular level—don't just exercise. **Strength train and release the myokines.**

The body's most powerful medicine is already inside you. Strength training unlocks it.

References

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