

WHY MUSCLE MATTERS!

Most people experience an average muscle loss of 5 pounds per decade, or 3-5%. They also experience a 10-15 pound fat gain each decade of adult life. And did you know that most people who lose weight gain it back within a year and end up with MORE fat and less muscle!*

MUSCLE MASS PERCENTAGE AVERAGES FOR MEN

AGE	18-35	36-55	56-75	76-85
MUSCLE MASS %	40-44	36-40	32-35	<31
AGE	18-35	36-55	56-75	76-85
MUSCLE MASS %	31-33	29-31	27-30	<26

MUSCLE MASS PERCENTAGE AVERAGES FOR WOMEN

THE SIDE-EFFECTS OF MUSCLE LOSS (KNOWN AS SARCOPENIA)

- » Difficulty doing day-to-day activities
- » Weakness, loss of balance, fall-risk
- » Metabolic Syndrome
- » Shorter Life Span
- » Injuries
- » Diabetes
- » Insulin Resistance
- » Osteoporosis
- » Chronic Inflammation (leads to most disease)
- » Loss of sleep

The more muscle mass you have, the less prone you are to Injury, Chronic Disease, and early death.

Greater Muscle Mass = Greater Longevity!



**STRONGER
MUSCLES**



**STRONGER
HEALTH**



**STRONGER
SELF**

*Excerpt from Transform Your Body, Wayne Westcott, PhD and Gary Reinl.

**Chart taken from a study in the Journal of Applied Physiology.