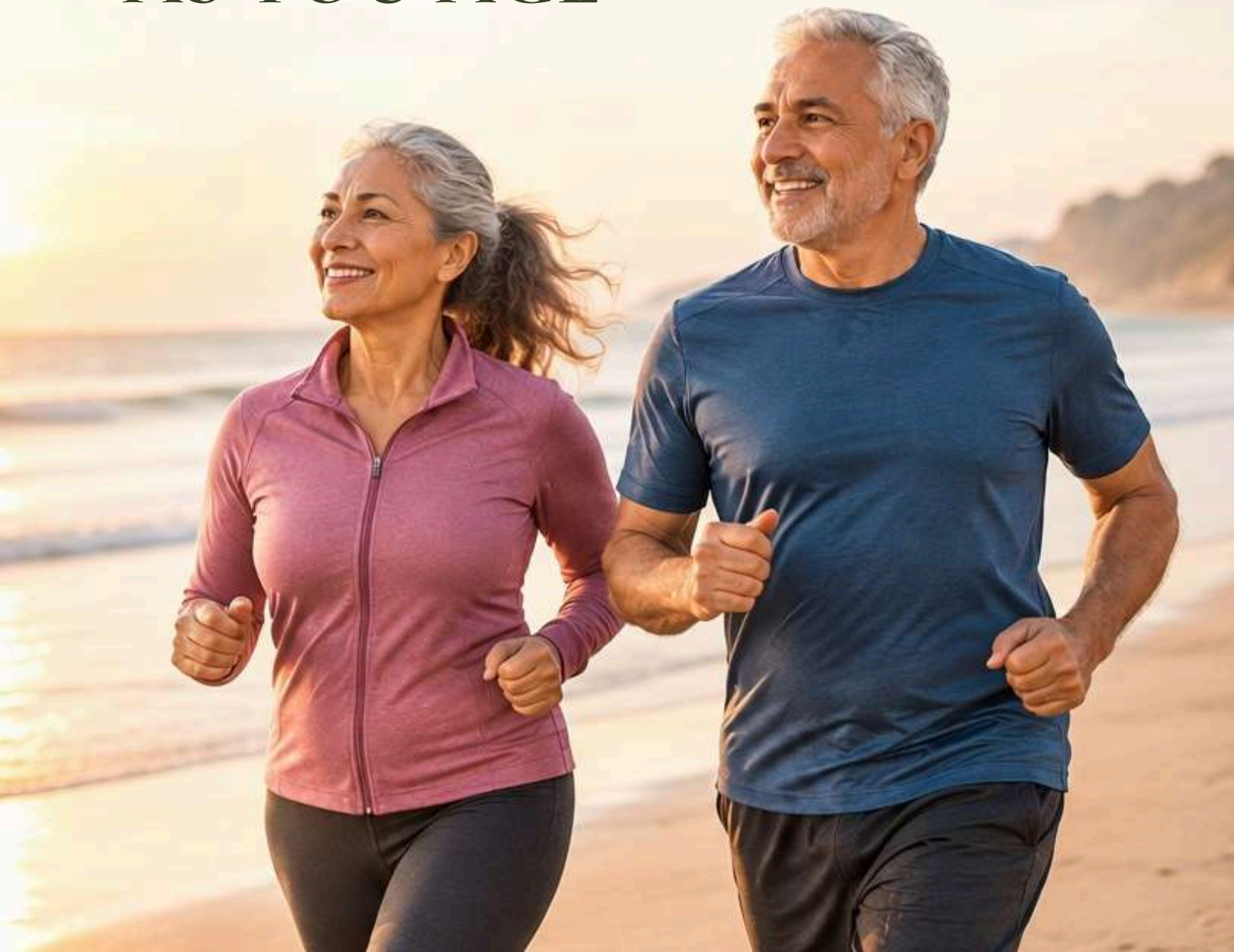
The BeachHOUSE Goa

WHY MUSCLE HEALTH MATTERS MORE AS YOU AGE



Strong Muscles, Healthier Ageing, And A More Active Life

Our bodies do so much for us every day. From getting out of bed in the morning and walking comfortably to carrying groceries, climbing stairs, or enjoying time outdoors, we rely on our muscles more than we often realise.

Yet, in the middle of our busy lives, muscle health is something we rarely think about until everyday movements begin to feel a little more difficult.

Healthy muscles are not just about physical strength or appearance. They play an essential role in balance, posture, metabolism, and our ability to remain active and independent as we grow older.

The good news is that **it is never too late to start caring for your muscles.** With nourishing food, regular movement, proper rest, and a few simple habits, you can help your body stay stronger, healthier, and more capable for years to come.

Understanding Muscle Health

Muscle health means maintaining enough strength, muscle mass, and flexibility to move comfortably and carry out everyday activities.

From around the age of 30, muscle mass may gradually begin to decline, especially when we are physically inactive. This loss can become more noticeable as we get older, sometimes affecting strength, balance, and mobility.

A condition characterised by reduced muscle strength and muscle mass is known as sarcopenia. It becomes common in later life and can affect physical function.

However, **growing older does not mean becoming weak is inevitable.** Our muscles can continue responding positively to regular exercise and good nutrition, even later in life.

Why Healthy Muscles Matter More Than You Think

1 They Keep You Active and Independent

Strong muscles make everyday activities easier, whether it is walking, climbing stairs, travelling, gardening, or playing with grandchildren. They help you continue enjoying life with greater comfort and independence.

2 They Support Balance and Joint Health

Your muscles help stabilise joints, maintain posture, and support balance. Good muscle strength can also reduce the risk of falls and help you move with greater confidence.

3 They Support Metabolism and Blood Sugar Balance

Muscles use glucose for energy and play an important role in how the body manages blood sugar. Maintaining muscle mass and staying active can support healthy metabolism and insulin sensitivity.

4 They Help You Stay Strong and Confident

Healthy muscles support mobility, physical resilience, and recovery from periods of inactivity, helping you feel more capable in your daily life.

Simple Ways To Keep Your Muscles Healthy

Taking care of your muscles does not require complicated routines. A few consistent habits can make a meaningful difference.

1 Make Strength-Building Movement a Habit

Walking and yoga are wonderful for overall wellbeing, but your muscles also need some resistance to maintain strength.

Try simple activities such as:

- Chair squats or gentle sit-to-stand exercises
- Wall push-ups
- Resistance-band exercises
- Light weight training

Aim for muscle-strengthening activities at least twice a week, gradually increasing the effort according to your comfort and ability.

2 Include Protein in Your Daily Meals

Protein helps your body maintain and repair muscle tissue.

Include

Nourishing protein sources such as lentils, beans, chickpeas, paneer, tofu, yoghurt, eggs, fish, or lean meat.

Try to spread protein across your meals rather than consuming most of it at once. Your needs may vary depending on your age, activity level, and overall health.

3 Nourish Your Body With A Balanced Diet.

Muscles need more than protein alone. Colourful vegetables, fruits, whole grains, nuts, and seeds provide important nutrients that support energy and overall health.

Vitamin D, Calcium, and adequate hydration are also important for normal muscle function, bone health and physical wellbeing.

4 Make Time For Rest and Recovery

Your muscles need time to recover and adapt after physical activity.

Prioritise

Regular, quality sleep and allow sufficient recovery between demanding exercise sessions. Most adults need around 7–9 hours of sleep, with around 7–8 hours generally recommended for those aged 65 and over.

Gentle stretching and relaxation may also help ease everyday muscle tension.

5 Keep Moving Throughout the Day

Long hours of sitting can leave your muscles underused.

Take

Short Walking breaks, stretch between tasks, use the stairs when comfortable, or practise a few minutes of gentle movement.

Remember, every little movement counts.

6 Practise Balance and Flexibility

Strength is important, but so are coordination and comfortable movement.

Gentle yoga, tai chi, stretching, and balance exercises can help maintain flexibility and stability. Choose activities suited to your ability and seek professional guidance when needed.

A Gentle Check-In With Your Body

Take a moment to reflect on how your body feels during everyday activities

- **Have I noticed that climbing stairs or getting up from a chair feels more difficult?**
- **Do I feel less steady or confident when moving around?**
- **Am I including enough protein in my daily meals?**
- **Do I make time for regular movement and strengthening exercises?**
- **Am I giving my body enough sleep and recovery?**

These simple questions can help you become more aware of your muscle health and recognise where a little extra care may be needed.

If you notice persistent weakness, repeated falls, or unexplained loss of strength, consult a healthcare professional

Your Strength Is Worth Caring For

Healthy ageing is not simply about living longer. It is about continuing to move freely, enjoy meaningful experiences, and do the things that bring happiness to your life.

Every nourishing meal, gentle stretch, strengthening exercise, and restful night is a small investment in your future wellbeing.

You do not need to be the strongest person in the room.
You simply need to care for the strength that allows you to live your life fully.

Start gently, stay consistent, and give your body the attention it deserves. A stronger tomorrow begins with the care you offer yourself today.

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