

## WELLNESS WEDNESDAY

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### Maintaining Muscle

Though we may gain experience and wisdom with age (hopefully), getting older doesn't come without some loss. We don't even have to be that old, when we're talking about muscle mass—many people start a steady decline in their 30s! This can continue with up to a 5% loss of muscle mass every decade after that, as well. Fortunately, we can do something about it!

Strength training is the single most effective way to maintain muscle mass as we get older, and it's even possible to build back some of what we have lost.

The gym is a natural place to start, since most facilities will have equipment specifically for this task (like the SRWC!). Machines are good to begin with, but free weights, such as dumbbells, kettlebells, and barbells excel for muscle building. It's even possible to make significant progress at home with a few select pieces of equipment or just bodyweight exercises, provided we do them with enough intensity. Here are a few tips:

**Train at least two days each week.** For general health, it's a good idea to get a few additional days of cardio, but two days is enough to get started with measurable changes in muscle growth.

**Take time to rest.** Allowing 48 hours for muscle groups to recover before training them again will ensure there is time to repair and grow.

**Up the protein (a little).** The general recommendation for a sedentary adult is 0.8g protein for every kg of bodyweight. For building muscle with strength training, increasing that amount to 1.2g for every kg of bodyweight can help achieve even better results.

<https://www.health.harvard.edu/staying-healthy/building-better-muscle>



**“It’s not a rash, it’s moss. You need to start being more active than a tree.”**

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