

# Muscle Mass and Longevity

How to build muscle, strength, and add years to your life

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## Key Takeaways:

- As we age, muscle mass and strength decline, typically by 1-2% per year after 50 years old.
- Studies suggest strength loss could reach up to 4% annually.
- Muscle mass and strength play a critical role in metabolic health, cardiovascular health, and injury prevention.
- Muscle mass and strength are crucial for longevity and quality of life, particularly in later years.
- This decline is avoidable! But you have to do the work

## Getting Started

1. Know where you are. Test your body composition and strength.
2. Decide where you want to be. Develop a vision and goals for your future.
3. Make a plan. Seek help where you need it!
4. Lift weights! Start slow, but be consistent. Balance training and recovery.

## ACSM Recommendations

Free weights, machines and/or bands can be used

- Perform strength training 2-3 times per week
- Each session should contain 8-10 multi-joint exercises that stress the major muscle groups
- Perform 2-3 sets of 8-12 repetitions with good form
- Needs to be difficult
- Full range of motion
- Progressive overload- Continue challenging yourself week after week by changing weight, volume, and exercises

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