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W^hihealth

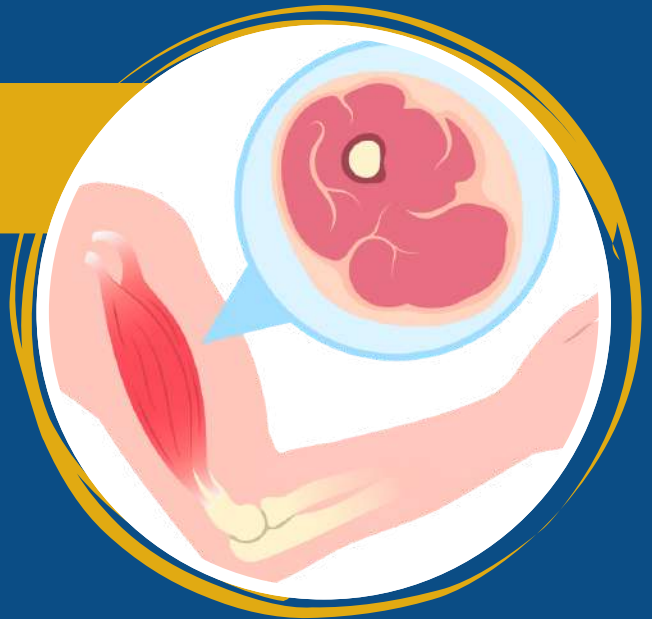
Health - Your Ultimate Wealth

AUGUST 2026

The Strength You Can't Afford to Lose

When you think about ageing, what comes to mind first? Wrinkles? Grey hair? Maybe a walking stick many years from now?

Did you know that from our 30s onwards, we gradually begin losing muscle mass and strength? That happens due to a natural process known as sarcopenia. Physically inactive adults can lose 3–8% of their muscle mass every decade. The change is gradual, but over time it can affect mobility and increase the risk of diabetes, osteoporosis, falls, and other chronic conditions.



Why Muscle Is Your Retirement Fund for Health



Help maintain a healthy metabolism and body weight.



Improve blood sugar control and insulin sensitivity.



Protect your bones and joints.



Improve balance and reduce the risk of falls.



Support heart health and healthy ageing.



Boost energy, confidence, and overall quality of life.

Quick Self-Check

How Strong Are Your Muscles Really?



Can I comfortably climb two flights of stairs without excessive fatigue?



Can I carry two moderately heavy grocery bags for a few minutes?



Can I stand up from a chair without using my hands?



Do I perform strength training at least 2–3 times each week?



Do I include a good source of protein in most meals?

If you answered "No" to three or more questions, it may be time to make muscle health a priority.

Steal Strength from Your Workday

Turn everyday moments into movement



Every hour

- Stand up and move for 2–3 minutes.
- Walk while taking phone calls.
- Choose the stairs whenever possible.



At your desk

- Chair squats (10 repetitions)
- Wall push-ups (10–15 repetitions)
- Standing calf raises (20 repetitions)
- Seated leg extensions (15 repetitions each leg)
- Shoulder blade squeezes (15 repetitions)

These simple movements help activate your muscles and reduce the effects of prolonged sitting.

Don't Forget Protein

Exercise signals your muscles to grow, but protein provides the building blocks to repair and strengthen them.

Include a quality protein source such as eggs, paneer, curd, milk, tofu, dals, chickpeas, soy, fish, and lean chicken, with your meals.



Pro Tip The Power of a Plank

Short on time? A 20–30 second plank engages your shoulders, back, abdomen, glutes, and legs, making it one of the most efficient full-body exercises to maintain and improve muscle strength.



Muscle health isn't just about looking stronger. It influences how you move, recover, think, and age. The good news is that muscle responds remarkably well to regular use, no matter when you start. Building strength today is one of the simplest investments you can make in your future health, independence, and quality of life.



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