Healthy Aging: Maintaining Muscle Mass Safely

After age 40, adults naturally lose muscle mass (sarcopenia). Strength training and targeted movement can slow this process, improve balance, protect joints, and maintain independence. This guide provides general routines appropriate for most healthy adults. Individualized assessment ensures optimal safety and results.

Recommended Weekly Framework

- Strength training: 2–3 days per week (non-consecutive days).
- Balance training: 2–3 days per week.
- Mobility work: Daily (5–10 minutes).
- Walking or low-impact aerobic activity: 150 minutes per week.

Foundational Strength Routine (Beginner Template)

- Sit-to-Stand from chair – 2–3 sets of 8–12 repetitions.
- Wall or Counter Push-Ups – 2–3 sets of 8–12 repetitions.
- Supported Step-Back Lunges or Step-Ups – 2–3 sets of 6–10 repetitions each leg.
- Resistance Band Rows – 2–3 sets of 10–12 repetitions.
- Standing Heel Raises – 2–3 sets of 10–15 repetitions.

Progress gradually by increasing resistance or repetitions when exercises feel easy and pain-free. Mild muscle soreness is normal; joint pain is not.

Simple Balance Routine

- Single-leg stand near a counter – 20–30 seconds each side.
- Heel-to-toe walking along a hallway.
- Side stepping with light resistance band.
- Standing marching in place.

Daily Mobility Essentials

- Gentle neck and shoulder rolls.
- Seated or standing trunk rotations.
- Hip flexor and calf stretches.
- Deep diaphragmatic breathing.

Why Individualized Assessment Matters

General exercise is beneficial, but individualized programming is essential for those with joint pain, balance concerns, osteoporosis, prior surgeries, neurological conditions, or chronic health issues. Proper progression, movement analysis, and load management significantly improve outcomes and reduce injury risk. A personalized plan ensures muscle gain without overloading vulnerable tissues.

If you would like a customized strength and longevity plan tailored to your medical history and goals, schedule a comprehensive movement evaluation.