



MUSCLES MATTER

1

Muscles manage blood sugar

When you work out, your muscles use more glucose.

2

Muscles keep you STRONG

From walking, running to climbing stairs – muscles power movements.

3

Muscles burn more daily calories

Active muscle tissue significantly increases caloric expenditure and improves metabolic function toward overall better health.

4

Mood & Self Esteem

Strong, balanced muscles are correlated with mood and self-confidence.

5

Joints & Bones

Muscles help increase bone density and lubrication to joints.

6

Keep you ALIVE!

After all, your heart is a muscle..!

7

Improves Quality of Life

Increased metabolic function increase strength and energy!