

WHY IS IT DIFFICULT TO RETAIN MUSCLE MASS?

- In general, we lose 1-2% of our lean muscle mass a year after age 40
- We all lose 1-5% a year of our overall strength
- Women lose 1/2 pound of muscle mass a year starting in their 40s
- After age 40, women's estrogen levels drop resulting in your thyroid levels going down and an increase in hunger
- As we age our muscle's ability to repair and grow also is reduced
- After age 40, our metabolism slows down
- The body can struggle to absorb the vitamins and nutrients from the food we eat

RECOMMENDATIONS FOR RETAINING MUSCLE AND BALANCING DIET TO REDUCE WEIGHT GAIN AND RISK OF DISEASE

- Less than 10% of your diet should be sugar
- Less than 10% saturated fats
- Stay under 2300 mg of sodium a day
- Keep alcohol to one glass a day or less
- Make sure to get enough fiber (through fruits and veggies), potassium, Vitamin A and C
- Prioritize 1200 mgs of calcium a day by consuming milk, yogurt, low fat cheese, tofu, fortified soy milk, broccoli, almonds and kale
- Focus on a Mediterranean diet by reducing red meat and processed foods and eating primarily fruits, veggies, whole grains, legumes, fish, nuts and seeds, and lean meats



PROTEIN IS KEY!

- Protein is needed to maintain muscle mass, repair muscles and tissues, fight infections and digesting food for energy
- It is incredibly difficult to overeat protein
- 1.2-1.6 grams of protein/kg of bodyweight or 0.54-0.72 grams/pound of bodyweight - this number is much higher than previously recommended
- Eat 30 grams of protein within a few hours of strength training
- Protein should be incorporated into all of your meals

OTHER HEALTHY HABITS TO PRIORITIZE

- Moderate exercise like walking for 30 minutes a day at least 5 days a week. This should also be combined with strength and coordination training. Continued strength training is of the utmost important for retaining muscle mass
- Focus on mental fitness by reading articles, puzzles, playing games, reading and practicing hobbies
- Stay social
- Prioritize sleep and good sleep habits
- Avoid crash diets that often lead to poor intake of nutrients which can negatively impact overall nutrition

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EAT A BALANCED DIET

- Limit saturated fats - these fats are solid at room temperature and can increase risk of heart disease
- Aim to keep sodium levels under 2300 mg/day
- Include fiber with every meal - fiber can help to reduce LDL cholesterol
- Check the Nutrition Facts panel and choose products that have <20% Daily Value for saturated fats, sodium and added sugars



REGULAR EXERCISE

- Aim for at least 150 minutes of moderate to intense exercise each week
- Exercise helps to relieve stress and decreases blood pressure
- Choose an activity you enjoy doing in order to be consistent - any exercise is good exercise!

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MANAGE STRESS

- Chronic stress triggers hormones like cortisol and adrenaline which can increase blood pressure.
- High cortisol levels can increase inflammation in the body, which damages blood vessels and increases risk of atherosclerosis (a build up of plaque in the arteries).
- Many manage stress with unhealthy coping habits like overeating processed foods and excessive alcohol consumption.



PRIORITIZE SLEEP

- Poor sleep increases cravings for processed foods
- Aim for 7-9 hours of sleep every night
- Sleep experts emphasize the importance of maintaining a consistent sleep schedule by going to bed and waking up at the same time each day.

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Hydration plays a huge role in performance and training. Water is responsible for maintaining body temperature, lubricating our joints and protecting our organs, is a main component of digestion, transports molecules and is a key player in turning the food we eat into usable energy. Training while dehydrated can impair performance, increases risk of injury, increases cortisol levels, causes lightheadedness, nausea, and fatigue. Read below for helpful tips and information on how to properly hydrate.



Hydration Guidelines

The standard recommendation for daily hydration is consuming HALF of your body weight in ounces. For example, a 180lb person should aim to drink 90oz of water per day. This amount is a baseline recommendation, giving a great starting point for adults who are mostly sedentary. When you begin to factor in changes in temperature, exercise intensity and duration, sweat rate and overall diet, our fluid needs can change quite a bit.



Prevent Dehydration

We always want to start out on the right foot and avoid becoming dehydrated prior to exercise or as a result of training. Our thirst cue is an unreliable indicator of hydration status, and often by the time we realize we are thirsty, we are already mildly dehydrated. Use these tips to stay ahead of your hydration:

Hydrated Urine



Dehydrated Urine



- Start your day with fluid, include at least 1 cup of water within the first 20 minutes of waking up.
- Eat your water. Increase fruit and vegetable intake when possible, most of these sources will contain 70% water or more!
- Carry a water bottle with you or have multiple accessible. Keep one at your home office, next to your bed, at work, and in the car if you are someone who struggles to remember to bring one.
- Make hydrating fun by adding in mint, basil, cucumber, strawberries, raspberries, lemon or even add a small amount of 100% fruit juice.
- Count fluids like coffee, sparkling water, and unsweetened beverages to your overall intake. Coffee, when consumed moderately provides hydrating qualities, and can be a great pre-workout drink!
- Assess for other signs of dehydration like urine color, decreased urine output dry mouth/lips, lethargy.



Electrolytes

Electrolytes include sodium, chloride, calcium, magnesium, and potassium. We lose electrolytes through our urine and sweat with sodium and chloride accounting for the biggest loss, between 35-140%. Consuming added electrolytes might be a necessary part of your nutrition routine to help rehydrate.

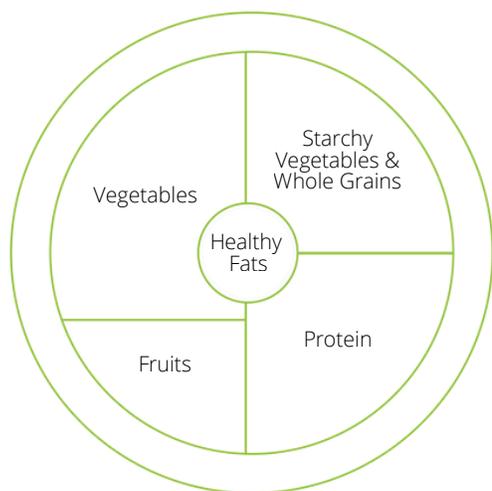


Assessing Electrolyte Status

If you're a salty sweater and notice salt stains or white residue on your workout clothes, or if you can taste your sweat or it's burning your eyes during a workout. If you're exercising in warmer temperatures. If you are experiencing symptoms similar to dehydration and intense muscle cramping.

- Replenish fluids.
- Salt your meals, especially after training.
- Combine post-workout snack + electrolyte replacement by eating pretzels, crackers, cottage cheese with fruit.
- If you're a pickle lover, snack on pickles or include them in your post-workout meal!
- Utilize electrolyte replacement drinks, powders, tablets.

Building a Healthy Habit



Focusing on how to build your plate can help you:

- Fill your body with balanced nutrients
- Practice proper portion control
- Increase satiety or feeling of fullness
- Maintain even energy levels
- Increase mindfulness and build intuitive eating habits

HOW TO BUILD YOUR PLATE

By focusing on the different food groups and portion sizes, you can fuel your body with adequate nutrients without having to focus strictly on calories.

- Non-Starchy Vegetables and Fruits
 - Full of vitamins, minerals, fiber, and phytonutrients
 - Eat the rainbow and always aim for variety
- Starchy Vegetables and Whole Grains
 - Potatoes, corn, and peas—although they are vegetables they are higher in carbohydrate content and count as a starch
 - Opt for whole grains such as whole wheat bread, brown rice, whole wheat pasta, quinoa, oatmeal, barley, farro, wheat berries
- Protein
 - Power up with lean sources of protein—fish, poultry, legumes, nuts
 - Limit red meat and avoid high processed meats such as bacon and sausage
- Healthy Fats
 - Include non-tropical vegetable oils, avocado, nuts and seeds, fatty fish such as salmon, tuna, herring, mackerel, lake trout, and sardines
 - Fats are higher in calories compared to protein and carbohydrates so be sure to practice portion control
- Beverages
 - Skip the sugary sweetened drinks
 - Choose water, coffee, tea, or low-fat dairy

