

You're Built for Good Health

# You're built for strength

Building muscle is also associated with better brain and heart health, and boosts mood.

Having a healthy body may mean you need to gain some muscle while you're losing some fat. After age 30, you need to work harder at building and maintaining muscle mass. Here are some easy, at-home ways to get stronger:

- Get adequate protein from lean chicken and fish, beans, lentils, low fat dairy, nuts and seeds. This provides the building blocks muscles need. But, you must couple this with strength-training to see the benefits.
- Use your body weight to build your strength. For example, push ups, squats and planks can give you strong arms, legs and core.
- Lift gallons of water. Or, laundry detergent soap. Anything heavy with a strong handle will do.

