

June 2026 Issue

Muscle, Metabolism, and More: What Men Need to Know as They Age

What if one of the biggest factors in how you age isn't time, but muscle loss? Most men don't notice it at first. It happens gradually—slightly less strength, lower energy, and a bit more fatigue. Over time, those small changes add up.

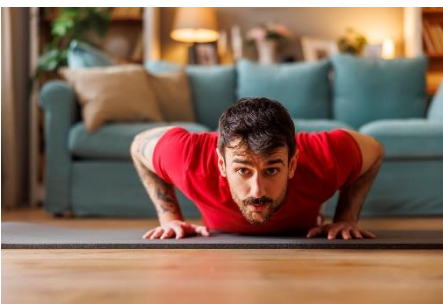
Aging plays a role, but what matters more is what you consistently do or stop doing. The habits you build now have a direct impact on how you feel, function, and perform in the years ahead.



Muscle: The Foundation of Healthy Aging

Starting around age 30, men can lose 3-8 percent of muscle mass per decade without intentional training. This process, known as sarcopenia, affects far more than strength.

Muscle plays a central role in metabolism, blood sugar regulation, joint stability, and long-term independence. Maintaining muscle is one of the most effective ways to protect overall health. The body continues to respond to strength training at any age, making it one of the most valuable habits you can build.



Metabolism: More Stable Than You Think

Many men assume their metabolism slows dramatically with age. Research shows a more nuanced picture. When muscle mass and activity levels are maintained, metabolic rate remains relatively stable through midlife. What often changes instead is muscle mass, daily movement, and time spent sitting. When those decline, metabolism follows. When they improve, metabolism responds.

Hormones: A Gradual Shift

Testosterone levels tend to decline slightly annually starting in the 30s or 40s. This can influence energy, mood, and body composition.

Lifestyle habits play an important role in how this shows up. Strength training, quality sleep, stress management, and balanced nutrition all support healthier hormone function. The goal is not to reverse aging, but to stay strong and capable within it.

What Works in the Real World



Strength training two to four times per week helps maintain muscle, support bone density, and improve metabolic health. Simple, consistent routines are highly effective.

Protein intake becomes more important with age. Most active men benefit from roughly .8 – 1.0 grams per kilogram of body weight or .4 – .5 grams per pound of body weight.

Daily movement outside of workouts matters more than many realize. Walking, taking stairs, and staying active throughout the day support cardiovascular health, energy, and focus.

Mental Health and Performance

Physical strength and mental health are closely connected. Resistance training has been shown to reduce symptoms of depression and anxiety while improving cognitive function and mood.

In the workplace, this often translates to better focus, improved stress management, and more consistent energy. Taking care of your physical health supports how you show up mentally and professionally.

Tomorrow's Health Is Built in Today's Habits

Think about where you want to be ten years from now. Stronger, more energized, and fully capable, or dealing with limitations that could have been prevented?

That outcome is shaped in large part by your daily choices. Strength training, regular movement, and consistent habits make a measurable difference over time.



Start now. Stay consistent. The goal is not just a longer life, but a stronger, more capable one.

Resources

- National Institute on Aging – Sarcopenia and muscle loss with aging
- American College of Sports Medicine – Resistance training and adult exercise guidelines
- Harvard Medical School – Strength training and metabolic health
- Centers for Disease Control and Prevention – Physical activity and chronic disease prevention
- Mayo Clinic – Testosterone levels and aging