Healthy Muscles Support Healthy Bones

Strong, healthy muscles and bones support you every day. You can support them by eating nutrient-rich foods and getting regular exercise.* No matter what your age, it's important to establish healthy lifestyle habits. These habits will help pave a path for strong muscles and bones.

Consuming high-quality protein and participating in resistance exercise, such as weight lifting, are important to muscle strength. Maintaining muscle contributes to health and well-being. It also helps you stay active as you age.

The role of protein in healthy aging

Want to keep doing the things you like to do, whether it’s hiking with your grandkids or dancing with your friends? Healthy habits, including resistance exercise and a diet higher in protein, are key.

- Experts recommend 2 hours and 30 minutes per week of moderate-intensity activities. This can include brisk walking, ballroom dancing or general gardening for adults, including older adults.

Diets higher in protein, including dairy foods, can help minimize muscle loss as you age.

Here is how dairy can help you:

- Milk and cheese are good sources of high-quality protein. A diet higher in protein can help you maintain muscle as you age.**
- Yogurt is a good source of high-quality protein. Did you know that Greek-style yogurts have about double the amount of protein as traditional yogurts?
- Whey protein, a high-quality protein from milk, can help provide the protein you need in your diet.
- Get recipes that include protein at wheyprotein.nationaldairycouncil.org and nationaldairycouncil.org.

*Check with your doctor or registered dietitian before making changes to your diet and/or exercise regimen.

**Look for cheeses providing 5 grams or more protein per ounce.