

 Muscle loss starts in 30s – strength training slows or reverses it. Muscles protect joints, improve balance, and support metabolism. Sarcopenia raises risk of falls, slower walking, and diabetes. Bones respond to stress: walking, hiking, dancing, squats, bands. Post-menopause bone loss can reach 20% in 5-7 years, strength training and calcium are critical. 	Notes:
 JOINT HEALTH Osteoarthritis common, stopping activity worsens stiffness & pain. Low-impact activities recommended. Muscle strength unloads joints, reduce pain and increase function. 1 lb extra body weight = 4-6 lbs knee pressure per step. 	
 FITNESS TIPS 150 min/week cardio + 2 strength sessions is the gold standard. Prioritize hip, glute, core, and shoulder strength. Balance: single-leg stands, step-ups, heel-to-toe walking. Flexibility: stretching helps mobility & reduces overuse injuries. 	
 ALTITUDE RECOVERY Hydrate 2-3 L/day – fluid loss is higher at 8,000-10,000 ft. Sleep quality drops at altitude, aim for 7-8 hrs. Nutrition: protein + vitamin D help repair muscle & bone. Take rest days – overuse injuries (stress fractures, tendon pain) are common in active locals. 	
 NUTRITION & SUPPLEMENTS Protein: 70-90 g/day (20-30 g per meal). Calcium: 1000-1200 mg/day. Vitamin D: 800-1000 IU/day (supplementation needed in winter). Balanced diet: lean protein, vegetables, fruits, whole grains, beans. 	



Strength + Balance + Protein + Calcium + Vit D + Rest = Healthy aging. Motion is lotion: consistent movement preserves independence.

TAKE-HOME



TOOLS TO LEAN ON WHEN YOU LOOK TO ADOPT A "FITNESS MINDSET"

- 1. Reframe your why.
- 2. Set SMART goals.
- 3. Celebrate small wins.
- 4. Pair movement with things you enjoy.
- 5. Focus on consistency, not perfection.
- 6. Use habit stacking. Connect new habits to ones you already do.
- 7. Track and reflect.
- 8. Practice self-compassion.

Notes:	