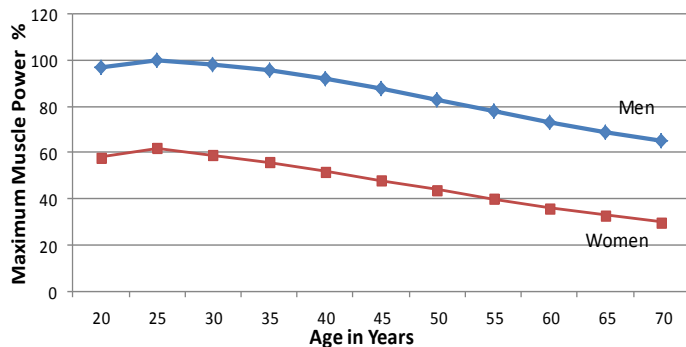


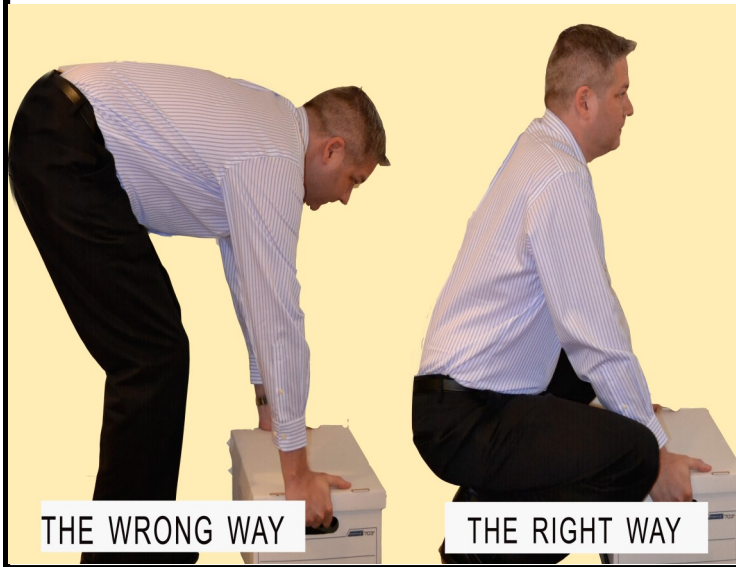
Strength/Overexertion

Muscle Power in Relation to Age and Gender



Muscle mass starts to decrease in amount after the age of 25. Along with it comes a decrease in muscle strength. This loss of strength and muscle mass contributes to problems related to aging such as falls and makes it harder for people to do the activities they like.

Better lifting techniques:



Some workplace solutions:

Store heavier products at waist height



Use tools to carry the load for you



Some individual solutions:

Being more active will lead you towards a longer and more healthy life. Simple activities such as regular walking and moderate strength training can take the chart above and cause it to level off earlier, lessening the strength decline as you age.

It also helps with other health issues; diabetes, less weight gain, improved blood pressure and motor skills, which will help you to better enjoy all the activities you do and reduce overexertion injuries.

Take care of yourself now so that you don't limit yourself in the future!