Benefits of Lean Body Mass

What is lean body mass?
Lean body mass includes everything in your body that isn't fat such as muscle, organs and bones.

Why is lean body mass important to you?
Maintaining adequate levels of lean body mass helps to prevent:
- Decreased physical strength
- Decreased energy
- Increased difficulty with flexibility and movement
- Increased risk of falls and broken bones
- Impaired ability to perform daily tasks
- Loss of independence

How is protein related to lean body mass?
Including protein in your diet throughout the day at all meals is important for your body to build muscle and to help make your bones strong. Recent research suggests that older adults need more protein than previously recommended and spreading the protein out evenly between all three meals is the most beneficial.

What can physical activity do for you?
A regular exercise program can assist you to:
- Reduce symptoms of arthritis.
- Improve your blood glucose readings if you are diabetic.
- Improve blood circulation to your arms and legs.
- Increase bone density and lowers risk of fractures.

How are protein, lean body mass and exercise related?
Eating enough protein and being physically active, when combined together, can help slow muscle loss that occurs with age.