

When you perform 50, you begin to lose muscle mass faster. This is mainly due to hormonal changes, but is also aggravated by a lack of protein and a decrease in the level of physical activity. These are the actions will help to avoid this.

Turn on the protein in each meal. Mackenzie Burgeess, a registered nutritionist, recommends consuming about 15-30 g of protein in one meal. An important role is played by collagen, which is contained in bone broth and additives. It helps to maintain joint health and skin elasticity.

Eat in a balanced. Such a diet should mainly contain prunes, leaf greens, yogurt, canned salmon with bones and other products useful for bones.

Move daily. Constancy plays a large role than intensity. Even walking, climbing the stairs or dynamic stretching involves muscles and are useful for the joints.



SHUTTERSTOCK

Train with weights. Squats, push-ups, work with expanders three to four times a week can greatly affect the maintenance of bones.

Pay special attention to restoration and sleep. Our muscles are restored precisely during rest. This is facilitated by quality sleep.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.