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Why Muscle Matters for Metabolic Health and Healthy Ageing

When people think about metabolic health, they usually think about blood sugar, weight or diet.

Muscle receives far less attention.

Yet skeletal muscle plays an important role in glucose metabolism, physical function and healthy ageing.

Muscle Is Metabolically Active

Skeletal muscle is an important site for glucose utilization.

Regular physical activity and muscle contraction help support glucose regulation and metabolic health, making muscle particularly relevant in insulin resistance, diabetes and obesity.

Weight Loss Should Not Mean Ignoring Muscle

When trying to lose weight, attention often focuses entirely on reducing kilograms.

Preserving muscle should also matter.

A good weight-management strategy should therefore consider nutrition, physical activity and appropriate resistance exercise rather than focusing exclusively on calorie restriction.

Muscle Becomes More Important With Age

Muscle mass and strength can decline with increasing age.

This can affect mobility, physical function and independence, making muscle preservation an important component of healthy ageing—particularly around and after menopause.

Strength Training Does Not Necessarily Mean a Gym

Resistance activity can be adapted to age, fitness, medical conditions and physical ability.

The best programme is not necessarily the most intensive one. It is one that is **appropriate, progressive and sustainable**.

Key Takeaway

Metabolic health is not only about losing fat. Building and preserving muscle is an important investment in long-term health.