

Did you know that **MUSCLE....**

is the largest organ in the body?

is an endocrine organ that helps hormone regulation in other parts of the body like the heart, kidneys, brain, liver and immune system?

contains the largest reservoir of amino acids, which are critical in combating illness, infection and diseases like cancer, hypertension, diabetes and dementia?

this means that **MUSCLE** is Your Armor Against Disease



and as we age we lose **MUSCLE**

Without actively maintaining it, you will lose about 35-40% of your muscle and even more strength by the time you are 65-70 years old. This can lead to a condition called frailty, which means you are at a greater risk for death, disability, falls, fractures and delayed recovery from illness and wounds.

Let **IPCS** help your employees reduce risk and **MUSCLE** up to fight disease!

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