

MATRIX

MUSCLE MATTERS WEBINAR

MESSAGES TO HELP MOTIVATE YOUR MEMBERS

Building muscle has so many benefits. Help share those benefits with positive muscle-building messages on your website, newsletters and social platforms. Below are a few examples to help inspire your next communication.

Build muscle to boost your metabolism and burn more calories, even while you rest. #MetabolismBoost #FitnessGoals

Did you know muscle tissue burns more calories than fat? Gain muscle for better weight management and fat loss. #BurnCalories #WeightLossJourney

Regular strength training lowers blood pressure and improves cholesterol levels for a healthier heart. #HeartHealth #StrengthTraining

Strengthen your core to improve posture and say goodbye to back pain! #CoreStrength #PosturePerfect

Strong muscles enhance balance and coordination, helping to reduce the risk of falls. #StayBalanced #MuscleBuilding

Strength training can prevent or manage chronic conditions like diabetes, heart disease, and arthritis. #ChronicDiseasePrevention #HealthyLiving

Strength training with weights keeps your bones strong, helping you age gracefully. #HealthyAging #StrongBones

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