

The average person will begin to **lose half a pound of muscle every year** starting in their middle thirties. As people become weaker, they are more prone to injuries. Reduced muscle mass can also lead to inactivity, which can lead to even faster muscle atrophy. The gym is no longer only for young athletes, seniors should be lifting weights at least twice a week. If a gym is not affordable, there are lots of people trying to get rid of gym equipment on craigslist ads. Some are even offering it for free, just to get it out of their house. So there is no excuse!