

# THE NEW & NOTEWORTHY

## Strength Signal | What Muscle Loss Really Predicts

As schedules reset and routines tighten, September marks a good time to revisit fitness goals, particularly the ones that promote longevity. New data shows that muscular strength is more predictive of healthy aging than weight, activity level, or even cardiovascular fitness.

### BEHIND THE SCIENCE:

Muscle strength declines faster than most people realize, often starting in midlife and accelerating each decade. A recent report from the New York Times highlights new findings on the connection between strength loss and cognitive decline. Participants with lower grip strength and power output showed faster drops in executive function and processing speed, regardless of how active they were.

### THE IMPACT:

Reduced muscular strength is now linked to a wider range of longevity threats: increased

inflammation, insulin resistance, immune dysregulation, and decreased myokine production. These muscle-derived signaling molecules help regulate brain function, metabolic balance, and systemic repair. When strength drops, these systems lose a critical line of support.

### WHAT THIS MEANS FOR LONGEVITY:

Strength is increasingly viewed as a central biomarker of healthy aging. It reflects not just mobility, but memory, cognitive adaptability, and internal regulation. Building and preserving muscle may offer one of the most underutilized tools for long-term healthspan protection.

**DIVE DEEPER:** Read the full [New York Times story](#) on why muscle matters more with age and what the latest science reveals about preserving it long term.