

The Strength Plan

For anyone who walks, gardens, stays busy, and is still losing strength year over year. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST NATIONAL INSTITUTE ON AGING · CLEVELAND CLINIC · NIH OFFICE OF DIETARY SUPPLEMENTS

1

Staying active is not the same as strength

Most people focus on one type of exercise and think they are doing enough. Research shows it is important to get all three: aerobic, muscle-strengthening and balance. (National Institute on Aging)

2

Two days a week is the target

Aim for muscle-strengthening activity at least two days per week, covering the major muscle groups. (National Institute on Aging)

3

Monohydrate is the studied form

The most common creatine supplement is creatine monohydrate. Other forms of creatine do not appear to have these benefits. (Cleveland Clinic)

1. Add two resistance sessions before you add anything else

This is the free half, and it is the half that does the work.

WHY THIS WORKS

The National Institute on Aging describes muscle-strengthening exercise as key to maintaining existing strength, slowing the loss of muscle mass, and helping prevent falls and fall-related injuries. Aerobic activity such as brisk walking builds endurance and heart health, but it is a different type of exercise with a different job. One set of eight to 12 repetitions is effective, and two or three sets may be more effective.

SOURCE: NATIONAL INSTITUTE ON AGING

DO THIS WEEK

- ☐ Book two strength sessions into the coming week
- ☐ Work to the point where another repetition would be difficult
- ☐ Leave a day between sessions that hit the same muscle group

2. Cover every major muscle group, not just the arms

Legs and hips carry you out of a chair. Start there.

WHY THIS WORKS

The National Institute on Aging names the major groups to cover: legs, hips, chest, back, abdomen, shoulders and arms. It links this kind of training directly to everyday function, including getting up from a chair, climbing stairs and carrying groceries. Beginners can start without weights or bands until the movements feel comfortable.

SOURCE: NATIONAL INSTITUTE ON AGING

DO THIS WEEK

- ☐ List the seven major muscle groups and check them off weekly
- ☐ Start with body-weight movements such as squats, wall pushups or sit-to-stands
- ☐ Consider one session with a trainer to learn form

3. Give any change 12 weeks before you judge it

Strength moves slowly. Judge it on a calendar, not a feeling.

WHY THIS WORKS

Cleveland Clinic reports that some studies show people who take creatine supplements may gain an extra two to four

DO THIS WEEK

- ☐ Record a starting point you can repeat, such as sit-to-stands in 30 seconds

pounds of muscle mass during four to 12 weeks of regular exercise compared with people who do not. That is a modest, slow effect layered on top of training, not a replacement for it.

SOURCE: CLEVELAND CLINIC

☐ Re-test the same way at 12 weeks

☐ Keep the training constant so you can read the result

4. If you add creatine, use monohydrate

The form matters more than the marketing.

WHY THIS WORKS

Cleveland Clinic states that creatine monohydrate is the most common creatine supplement and that it increases muscle performance in short-duration, high-intensity resistance exercise such as weightlifting. It adds plainly that other forms of creatine do not appear to have these benefits. Creatine works by helping regenerate ATP, the energy your cells use during effort.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Read the label for creatine monohydrate, not a proprietary blend
- ☐ Look for independent third-party testing on the tub
- ☐ Skip any product that will not tell you the dose per serving

5. Check with a provider first if any of these apply to you

This is the part the ads leave out.

WHY THIS WORKS

Cleveland Clinic notes there is not enough evidence to know whether creatine is safe if you are pregnant or breastfeeding, or if you have diabetes, kidney disease or liver disease, and that creatine may increase the risk of mania in people with bipolar disorder. It also notes there is not enough research to say creatine helps build muscle in people older than 65.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Tell your provider about every supplement you take, not just medication
- ☐ Ask specifically about kidney and liver history
- ☐ Stop and ask if you get dizziness, nausea or stomach upset

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

National Institute on Aging, Three Types of Exercise Can Improve Your Health and Physical Ability · <https://www.nia.nih.gov/health/exercise-and-physical-activity/three-types-exercise-can-improve-your-health-and-physical>

Cleveland Clinic, Creatine: What It Does, Benefits, Supplements and Safety · <https://my.clevelandclinic.org/health/treatments/17674-creatine>

NIH Office of Dietary Supplements, Dietary Supplements for Exercise and Athletic Performance · <https://ods.od.nih.gov/factsheets/ExerciseAndAthleticPerformance-Consumer/>

This content is educational and is not a substitute for professional medical advice, diagnosis, or treatment. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician before making changes to your health routine.

Ageless Coach · agelesscoach.com · July 2026