



LIVING STRONG
NORTH IDAHO

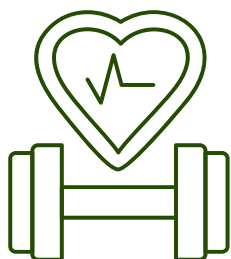
Hormone Health and Aging: What to Know

Living Strong North Idaho Educational Resource

WHY THIS MATTERS

Hormones play an important role in regulating many functions in the body, including metabolism, muscle mass, energy levels, sleep, and overall well-being. As we age, natural changes in hormone levels can influence how we feel and function on a daily basis.

These changes can affect strength, body composition, energy, and recovery. Understanding how lifestyle habits support hormone health can help individuals maintain vitality and overall health as they age.



KEY INSIGHT

Hormone health is not controlled by a single factor, but by a combination of daily lifestyle habits. Physical activity, proper nutrition, quality sleep, and stress management all play important roles in supporting how the body regulates hormones over time. Focusing on these foundational habits can help support overall health, energy, and well-being as we age.

WHAT RESEARCH SHOWS



Hormone levels naturally change with age and can influence metabolism, muscle mass, and energy



Strength training and physical activity can help support healthy hormone function



Nutrition, including adequate protein and healthy fats, plays a role in hormone balance



Sleep is essential for regulating hormones related to recovery, stress, and metabolism



Chronic stress can negatively affect hormone regulation over time






Sources:

- National Institute on Aging — Hormones and Aging
- Endocrine Society — Hormone Health and Aging
- Harvard Health Publishing — Hormones and How They Change with Age

LIFESTYLE HABITS THAT SUPPORT HORMONE HEALTH

- ✓ Regular physical activity, including strength training and movement
- ✓ Balanced nutrition with adequate protein, healthy fats, and whole foods
- ✓ Quality sleep to support recovery and hormone regulation
- ✓ Stress management through relaxation, breathing, or mindfulness practices
- ✓ Consistent daily routines to support overall physiological balance

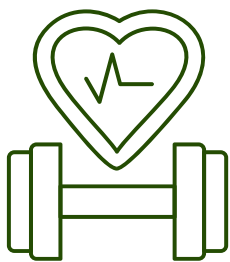
BENEFITS OF SUPPORTING HORMONE HEALTH

-  Improved energy levels and reduced fatigue
-  Better maintenance of muscle mass and body composition
-  Improved sleep quality and recovery
-  More stable mood, focus, and stress response
-  Healthier metabolism and weight regulation

Supporting hormone health through consistent lifestyle habits can help improve energy, maintain muscle, support recovery, and promote overall well-being as we age.

Sources:

- National Institute on Aging — Hormones and Aging
- Endocrine Society — Hormone Health and Aging
- Harvard Health Publishing — Hormones and How They Change with Age



KEY TAKEAWAY

Hormone health is supported by the habits we practice every day. Regular physical activity, balanced nutrition, quality sleep, and stress management work together to support energy, recovery, and overall well-being. Focusing on these foundational habits can help promote long-term health and vitality as we age.

Living Strong North Idaho – A Program of the Inland Northwest Healthy Aging Alliance

Educational Disclaimer: The information provided in this resource is for educational purposes only and is not intended as medical advice.

Individuals should consult with a qualified healthcare professional before beginning any exercise, nutrition, or health program.