



STRENGTH: THE VACCINE WITHOUT THE NEEDLE

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Scared of needles? Don't worry. This vaccine doesn't come from a doctor's office. No pokes, no band-aids, and no insurance bill. But there is a catch: it takes work. The secret ingredient? Muscle.

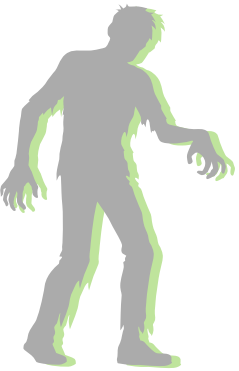
THE ANTI-MONSTER DEFENSE SYSTEM

Think of your muscles as a built-in immune system for your body's longevity. They don't fight viruses, but they do fight off weakness, fatigue, falls, and frailty, the true monsters that creep up with age. The stronger your muscles, the more protected you are from the aches and injuries that haunt us later in life.



THE HORROR OF SKIPPING LEG DAY

Here's the spooky truth: **your legs may hold the key to a longer life.** The [Health ABC Study](#) found that women with lower quadriceps strength faced a significantly higher risk of fall-related injuries. Even scarier, a hip fracture in older age carries a high risk of mortality within one year. For both men and women, quad strength was one of the most powerful predictors of mobility, independence, and life expectancy.



When leg strength disappears, simple movements like lifting a box, climbing stairs, or standing up from a chair start to feel like a horror movie nobody asked for. And when everyday tasks like sitting and standing become dangerous, our survival odds look grim. The good news? You can build your own armor one rep at a time (because it's hard to do 2 reps at a time).



THE GHOSTING OF MUSCLE MASS

As we age, muscle cells shrink and vanish like ghosts in the night, taking our power and stability with them. But the research is clear: it's never too late to rebuild. In fact, one 2023 study found that consistent resistance training in adults over 60 improved not only muscle mass but also bone density, balance, and confidence. Early strength training also helps load the skeletal system, strengthening bones that will protect us decades down the line.



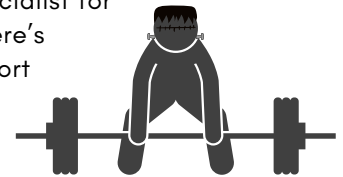
PREVENTION FAVORS THE PREPARED

So when should you start? Now. Already training? Add a few pounds to your lift: I'm talking to you, ladies. Don't fear the iron; fear the consequences of weakness.

Make sure your prevention program includes:

- A squat variation
- A single-leg exercise (like a split squat or lunge)
- A glute-builder (such as a deadlift)

And before you go lifting like Frankenstein, check in with your onsite injury prevention specialist for a quick form check. Because there's nothing scarier than wasting effort on the wrong muscles.



This October, skip the candy defense and focus on getting your muscle vaccine instead. Strength: it's the best immunity you'll ever build. 🍃

Chantel Gorton, PT, DPT, SCS || Chantel received her Doctorate in Physical Therapy from Pacific University, then went on to a sports medicine residency at St. Luke's. She swapped professional athlete for industrial athlete in 2016 and hasn't looked back. When not advocating for fitness and health, she's alongside her family digging in the garden or finding an outdoor adventure.

Work Right is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

