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Hormones & Muscle:

The Dynamic Duo

Estrogen and testosterone do much more than shape mood or drive — they help build and maintain lean muscle, support bone strength, and keep metabolism balanced. Think of them as your body’s pit crew, tuning up strength and energy behind the scenes. When these hormones dip, fatigue rises and muscle fades. But with the right mix of resistance training and restorative sleep, you naturally support healthier levels at any age.

Estrogen & Testosterone = muscle-building, mood-lifting, fat-balancing hormones.

01 Mini Teaching
Resistance training and quality sleep raise these naturally.

02 Example
Think of estrogen and testosterone as the mechanics who keep your muscles tuned up. When you lift weights or challenge your muscles, these hormones rush in like a skilled pit crew — repairing fibers, building strength, and revving up your metabolic engine.

03 Try This Today
Do 10 squats or push-ups before lunch — feel that metabolic wake-up call.

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