

STRONG MUSCLES

BETTER BLOOD SUGAR

强健肌肉
稳控血糖

You don't need to become a bodybuilder to enjoy the benefits of stronger muscles. Even small improvements in muscle strength can make a big difference to your blood sugar balance, daily energy and long-term vitality. In this guide, we'll explore why strong muscles are one of your greatest allies for healthy blood sugar, along with simple beginner-friendly ways to get started.

您不必成为运动员，也能从更强的肌肉中获益。哪怕力量小幅提升，也能显著改善血糖平衡、日常精力和长期活力。在本指南中，我们将探讨为什么强健的肌肉是维持健康血糖水平最重要的帮手之一，并提供简单易行、适合初学者的入门方法。



How Muscles Help Regulate Blood Sugar

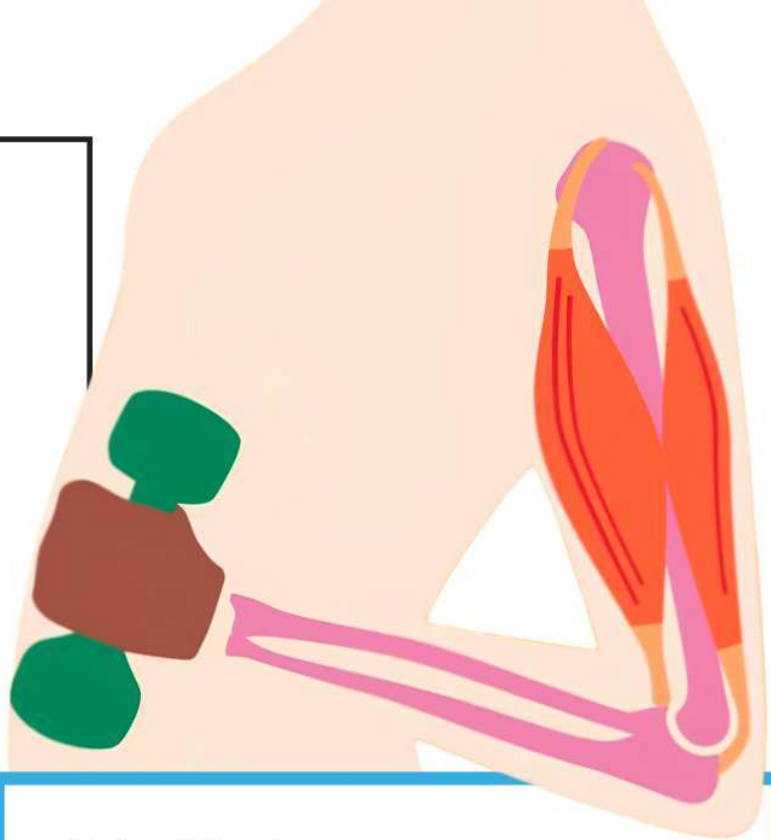
肌肉如何调节血糖

Your muscles do far more than help you move. They are one of your body's largest storage tanks for glucose. After you eat, carbohydrates are broken down into glucose, causing your blood sugar to rise. In response, your pancreas releases insulin, the hormone that helps move glucose from your bloodstream into your cells.

One of the first places this glucose is sent is your muscles. When your muscles are active, they readily absorb glucose to use for energy or store it as glycogen for later use. **The healthier and more active your muscles are, the more efficiently your body can use glucose, which can help maintain healthy blood sugar levels.**

肌肉的作用远不止帮助您活动。它们是人体最大的葡萄糖储存库。进食后，碳水化合物转化为葡萄糖，血糖上升；胰腺随即释放胰岛素，将葡萄糖送入细胞——肌肉是首要接收部位。

活动时，肌肉主动摄取葡萄糖供能或储存为糖原；**越健康、越活跃的肌肉，血糖利用效率越高，越有助于稳定血糖。**



Why Moving After Meals Matters

餐后动一动，效果立现

Think of your muscles as a sponge. After you've been walking, exercising, or simply moving throughout the day, they readily soak up glucose from your bloodstream and use it for energy.

However, **when you spend long periods sitting, your muscles become less active** and have less demand for fuel. As a result, they take up less glucose from your bloodstream, **leaving more glucose in your blood and requiring your body to produce more insulin** to keep blood sugar levels balanced.

Over time, a repeated pattern of high blood sugar, elevated insulin levels, and low muscle activity can contribute to insulin resistance, increased visceral fat, and a less efficient metabolism.

Eat, then move. Even a small amount of movement after meals can help activate your muscles and make a meaningful difference to your metabolic health.

肌肉像一块海绵。当您走路、锻炼或日常活动中不断运动时，肌肉就会主动吸走血液中的葡萄糖，将其转化为能量。

然而，如果**久坐不动，肌肉的活动性就会降低**，对能量的需求也随之减少。因此，它们从血液吸收的葡萄糖减少，**导致葡萄糖滞留血中，迫使身体分泌更多胰岛素。**

长期如此，易引发胰岛素抵抗、内脏脂肪堆积和代谢变慢。

吃饭后动一动，有助于激活肌肉，对代谢健康产生积极影响。



The Beauty of Strength for Healthy Aging

力量之美：助力健康老龄化

This becomes even more important as we grow older. Muscle loss naturally begins in our 30s and gradually accelerates over time. By preserving and building muscle through regular strength training, you support a healthier metabolism, steadier energy levels, better balance, and greater independence in later years.

Building strength isn't just about looking toned. It's about feeling capable, confident, and resilient at every stage of life.

力量训练，是健康老去的关键。30岁起肌肉逐年流失，速度随年龄加快。规律抗阻训练可保护肌肉量，从而稳住代谢、平衡能力、骨关节健康，并提升情绪与日常活力。

增强力量并不仅仅是为了看起来紧致有型，更是为了在人生的每个阶段都感到有能力、有信心、有韧性。

Stronger muscles can help:

- Improve balance and reduce the risk of falls
- Support joint health and bone density
- Maintain a healthy metabolism
- Boost mood and confidence through the release of feel-good endorphins
- Make everyday activities easier and less tiring

强健肌肉，不止于塑形，更关乎韧性与自主，有助于：

- 提升平衡，降低跌倒风险
- 保护关节，增强骨密度
- 维持健康代谢
- 释放内啡肽，改善情绪与自信
- 让日常活动更轻松省力

Even gentle, consistent movement can slow age-related muscle loss and help you stay active and independent for many years to come.

温和持续的锻炼，就足以延缓肌肉流失，守护长期独立与活力。

Beginner-Friendly Exercise Guide

Resistance Training—
The Foundation of Strong Muscles

初学者力量训练指南

抗阻训练——强健肌肉的基础

Resistance training is one of the most effective ways to build muscle and improve insulin sensitivity. If you're new to strength training, consider working with a qualified personal trainer for your first few sessions. Learning proper technique early helps prevent injury and builds confidence.

抗阻训练是最有效的增肌与控糖方式。首次训练建议由专业教练指导，确保动作规范、安全起步。



At Home (Bodyweight or Minimal Equipment) 居家（自重/弹力带）

- | | |
|-------------------------------|-------------|
| • Chair squats | • 椅子深蹲 |
| • Wall push-ups | • 墙上俯卧撑 |
| • Seated leg lifts | • 坐姿抬腿 |
| • Resistance band rows | • 弹力带划船 |
| • Resistance band bicep curls | • 弹力带肱二头肌弯举 |



At the Gym (Machines or Free Weights) 在健身房（器械或自由重量）

- | | |
|------------------------|--------|
| • Leg press | • 腿部推举 |
| • Seated row | • 坐姿划船 |
| • Chest press | • 胸部推举 |
| • Light shoulder press | • 轻量肩推 |

General Guidelines

- Start with 1–2 sets of 8–12 repetitions.
- Train 2–3 times per week.
- Focus on slow, controlled movements and good posture.
- Breathe out during effort and breathe in during release.
- Allow 1–2 days of rest between sessions for recovery.

执行要点

- 每组8–12次，进行1–2组
- 每周2–3次
- 动作缓慢可控，姿势正确
- 发力呼气，放松吸气
- 训练间隔1–2天，以充分恢复



Rebounding (Mini Trampoline)

弹跳运动（迷你弹跳床）

Rebounding is an excellent complement to resistance training. It is gentle on the joints while engaging multiple muscle groups, improving circulation, and encouraging glucose uptake.

Start with just 5–10 minutes of gentle marching or light bouncing. It's enjoyable, low-impact, and an easy way to increase your daily movement.

弹跳运动是抗阻训练的绝佳补充。低冲击、多肌群参与，促进循环与葡萄糖利用。

初学可每天5–10分钟轻柔踏步或微弹，轻松提升日常活动量。

Daily Movement Matters

Movement doesn't just happen during a workout. Every step you take throughout the day helps keep your muscles active and supports healthy blood sugar levels. Small but consistent habits add up. A short walk after meals, taking the stairs, stretching regularly, gardening, or simply reducing the amount of time spent sitting can all contribute to better blood sugar control and overall health.

动起来，点滴累积

餐后散步、走楼梯、定时拉伸、减少久坐——这些微小习惯共同助力血糖管理与整体健康。

Nourish Your Muscles from Within

营养同步支持

Exercise delivers the best results when paired with good nutrition.

Adequate protein and essential nutrients are important for building and maintaining healthy muscles. To complement a balanced diet, consider adding:

- **Spirulina and Bee Pollen** for their natural protein and nutrient content.
- **Nutritional Yeast** as a source of B vitamins and complete protein.
- **Omega Gold Flaxseed Oil** to support joint comfort and provide healthy omega-3 fats, helping you stay active and consistent with your exercise routine.

Together with regular movement, good nutrition provides your body with the building blocks it needs to become stronger and healthier.

运动与良好营养相结合，才能效果倍增。优质蛋白与关键营养素是肌肉修复与生长的基础。

可考虑补充：

- **螺旋藻与蜜蜂花粉**：富含天然蛋白与复合营养
- **无盐营养酵母**：提供B族维生素和完整蛋白质
- **奥美加黄金亚麻籽油**：提供抗炎奥美加-3脂肪酸，支持关节舒适与持续运动动力

Start Small, Stay Consistent 从小处开始，贵在坚持

You don't have to transform overnight. Even 10–15 minutes of strength-focused exercise a few times a week can lead to noticeable improvements in energy, strength, and how your body manages blood sugar.

Every workout is an investment in your future health. By building stronger muscles today, you're supporting better blood sugar balance, healthier ageing, and greater independence for years to come. Start where you are, stay consistent, and enjoy the journey to a stronger, healthier you.

您不必一夜之间彻底改变。每周2–3次、每次10–15分钟的力量训练，已能切实提升精力、力量与血糖调节能力。

每一次发力，都是对健康未来的投资：更强的肌肉，意味着更稳的血糖、更从容的老年、更长久的独立。现在开始，稳步前行。