



## **Make yourself stronger: Building lean muscle gives you a boost**

In the workout world, sometimes it can feel like you're bombarded with tips and tricks for the latest fad diet or exercise shortcut.

But health experts know the basics haven't changed: Eat a healthy diet, get your heart pumping with regular cardio activities, and make sure to add strength training to build muscle.

That last part is the real workhorse of a fitness routine for everyone—not just body builders. It's something all adults should be conscious of when creating a workout routine.

### **Muscle's multiple benefits**

In 2017, the Centers for Disease Control and Prevention reported that 53% of U.S. adults met the guidelines for aerobic physical activity, but only 23.5% met recommendations for both aerobic and muscle-strengthening workouts.

That means a lot of people are missing out on the multiple benefits of strength training. Building lean muscle not only adds definition to your physique—think sculpted arms and abs—it can protect your bones as you age. And, adding muscle also means your body is burning more calories, even when you're relaxing after your workout is over.

### **Give your workouts a boost**

One way to help fuel your lean muscle efforts is with a supplement like XS™ Muscle Multiplier Essential Amino Acid Supplement, exclusively from Amway, which can help you build lean muscle when paired with regular weight and resistance training and a healthy balanced diet.†

This concentrated powder provides a blend of the nine essential amino acids in ratios and concentrations patented to build lean muscle. Your body uses amino acids to make proteins that strengthen and repair muscles, and these types of amino acids can only be obtained through the food you eat.

Learn more about XS™ Muscle Multiplier Essential Amino Acid Supplement and other XS sports nutrition products by visiting [Amway.com](https://www.amway.com).

Once you've settled on a strength routine, are eating the right foods and find a supplement that can help boost your efforts, you'll be on your way to building leaner muscles.

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†This statement has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure or prevent any disease.