

## Sarcopenia: Age related muscle loss

Adults experience a significant loss of muscle mass between the ages of 30 to 65. By 80, further muscle mass reduction contributes to a decline in functionality. The decrease in lean muscle mass is often accompanied by an increase in fat, even when weight remains unchanged. Risk for falls increases. Sarcopenia can be prevented and reversed with physical activity and strength training.

30 years      65 Years      80 Years



### SARCOPENIA FACTS

- 30% muscle decrease 30-65 y/o
- 50% muscle loss by age 80
- Contributes to loss of function
- *CAN BE REVERSED!*

## Exercise RX to reverse muscle loss!



Dynamic Exercise

### Rapid Concentrics:

- shortening of muscle
- resist load
- produce work



### Slow Eccentrics:

- lengthening of muscle
- control load
- absorb energy

