

Understanding Age-Related Sarcopenia

Disclaimer:

This information is intended for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider for information specific to your personal health situation.

WHAT IS AGE-RELATED SARCOPENIA?

Sarcopenia is the gradual loss of muscle mass, strength, and function that can occur as part of the natural aging process. It typically begins around the age of 50 and can become more noticeable with each passing decade.

Muscles are important not only for strength and mobility, but also for maintaining balance, metabolism, and overall health. Losing too much muscle can lead to increased risk of falls, reduced independence, and a slower recovery from illness or injury.

COMMON SIGNS OF SARCOPENIA:

- Feeling weaker or having difficulty lifting everyday objects
- Slower walking speed
- Trouble standing up from a chair without using your arms
- Decreased stamina or increased fatigue during activity
- Smaller or softer muscles than before

WHY DOES IT HAPPEN?

Several factors contribute to sarcopenia, including:

- Hormonal changes (such as lower testosterone or estrogen levels)
- Reduced physical activity or sedentary lifestyle
- Inadequate protein or calorie intake
- Chronic illness or inflammation
- Natural aging processes in muscle tissue

HOW TO STAY STRONG

- **Use Resistance** - Strength training exercises, such as using resistance bands, hand weights, or body weight movements like squats or wall push-ups, help maintain muscle mass and strength.
- **Move Daily** - Include walking, gentle stretching, and balance exercises in your daily routine.
- **Eat Enough Protein** - Aim for protein-rich foods at every meal—such as lean meats, fish, dairy, legumes, or plant-based options.
- **Consult a Professional** - A physiotherapist or kinesiologist can design a personalized program that matches your current fitness level and health needs.
- **Monitor Changes** - Regular check-ins with a healthcare provider can help track progress and catch early signs of muscle loss.

FINAL THOUGHTS:

Age-related sarcopenia is common, but it's not inevitable. Staying active, eating well, and engaging in targeted exercise can make a big difference in maintaining strength, independence, and quality of life as you age. Even small changes can lead to meaningful improvements—it's never too late to start!

