Sarcopenia in the Older Adult

**What is Sarcopenia?**

- Age-related decrease in muscle that affects functional ability\(^1\)
- Progressive and generalized loss of strength\(^1\)

**Risk Factors**

- Getting older
- Lack of activity
- Gender- Muscle mass in men declines 2x that of women\(^1\)

**Functional Implications**

- Decreased strength, power, endurance, and muscle speed\(^1\)
- Increased risk of Osteoporosis
- Increased difficulty performing daily tasks

- Movement becomes painful
- Leads to an increased use of walkers and canes
- Decreased quality of life

How Do You Prevent It?

**Resistance Exercise**
- Lifting weights
- Using resistance bands
- Exercise classes

**Aerobic Exercise**
- Brisk walking
- Biking
- Swimming

**Flexibility Training**
- Yoga
- Stretch before & after exercise

**Nutrition**
- Eat more protein
  - Chicken & broccoli
- Omega 3 Fatty Acids
  - Tuna & Trout
- Vitamin D
  - Egg yolks, mushrooms, and salmon

Remember: When exercising, you should feel like you are working somewhat hard to hard.

Be sure to talk with your doctor before making any dietary changes. Talk to a Physical Therapist about starting an exercise program today!

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**References**


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