

*Stronger  
than Sarcopenia*

# Do You Have Difficulty

## With Any of the Following?



If you answered yes to any of these activities, you may be at risk for a condition called sarcopenia [saar-ko-pee-ni-uh]. Sarcopenia is the loss of muscle and strength that can happen when someone gets older and does less physical activity.

Talk with your health care professional about your experiences and how strength training and nutrition changes can help.



Standing from a  
seated position?



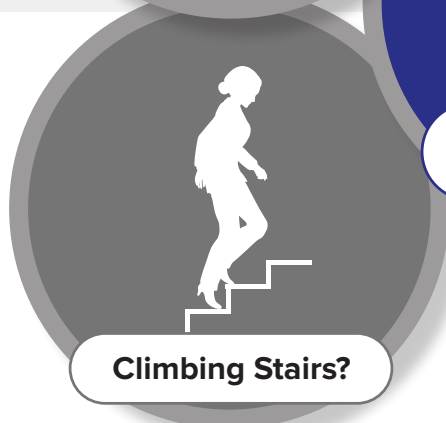
Walking across  
a room?



Lifting or carrying  
10 pounds?



Transferring from  
a chair or bed?



Climbing Stairs?

## You **ARE** Stronger than Sarcopenia!

[womenshealth.gov/sarcopenia](http://womenshealth.gov/sarcopenia)



**OASH** | Office on  
Women's Health



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