

Stronger than Sarcopenia

Strength Training at Home

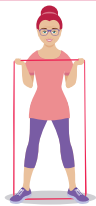
Sarcopenia [saar-ko-pee-ni-uh] is the loss of muscle and strength that can happen when someone gets older and does less physical activity. It is never too late to rebuild your strength. You can help prevent Sarcopenia and even rebuild muscle mass and strength with simple exercises that are easy to do at home. According to the Centers for Disease Control and Prevention's (CDC) [Physical Activity Guidelines for Americans](#), in addition to at least 150 minutes of moderate-intensity aerobic activity or "cardio" each week, all adults should do activities that strengthen muscles.

These exercises should:

- Be done at least two times each week
- Involve all the major muscle groups, including the arms, legs, abdominals, lower back, and glutes
- Include at least one set of exercises for each muscle group (with 8-12 repetitions, or complete movements, per set)

Below are some exercises you can do at home and modify to your ability level.

Arms



Resistance band bicep curls



Push-ups (use a wall for a modified push-up)



Arm curls (you can use cans of soup if you don't have weights at home)

Legs



Squats (use a chair for modified squats)



Lunges



Walking



Walking in a swimming pool

Abs



Side twists



Planks



Side bends



Sit-ups

Lower Back



Cat and cow yoga poses



Bent knee raises



Knee-to-chest raises from a laying position



Arm and leg raises in a laying position

Glutes



Squats



Lunges (use stairs to modify to step-ups)

The Benefits of Exercise

Regular exercise—especially activities that strengthen muscles—can improve and maintain your health, help improve your balance, and reduce your chance of falls and broken bones. All exercise can increase your independence, quality of life, mental health, and overall confidence and well-being. This means making everything from grocery shopping to climbing stairs to playing with your grandkids easier.

For more ideas, check out these fact sheets from the Move Your Way campaign on [ways to stay active](#) and [how physical activity can help](#). Before starting any new exercise programs, be sure to talk to your health care professional to find the options that work best for you.

www.womenshealth.gov/sarcopenia



Office on Women's Health



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