

You are *Stronger* than *Sarcopenia*

What is sarcopenia?



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.

After age 30, 3–5% of muscle is lost per decade without proper exercise and nutrition.

What are **symptoms** of sarcopenia?

Common symptoms include **falls**, **muscle weakness**, **slow walking speed**, and **difficulty doing everyday tasks**.

Moving your muscles will help you stay strong and healthy.

Doing basic exercises that move and contract your muscles is a great step to stay strong and manage your risk of sarcopenia.



Resistance Training

Strength Training

A **healthy diet** may help as well!



Omega-3 Fatty Acids



Vitamin D



Protein

What should I do?

At any age, it is good to be mindful of your muscles. Stay active, strong, and healthy to prevent sarcopenia.

If you have noticed a change in your strength or ability to do everyday tasks, it is important to talk to your health care professional. They can help you find out if you have sarcopenia and discuss ways to stay active, eat healthy, and safely do your everyday activities.



womenshealth.gov/sarcopenia



OASH | Office on Women's Health