STRATEGIES TO AUGMENT MUSCLE MASS LOSS IN ELDERLY

By Alex Schultz

Muscle mass loss, or Sarcopenia, is the degenerative loss of skeletal muscle, physical strength, and athletic performance primarily due to aging. Most researchers conclude that Sarcopenia is caused by aging, inadequate protein intake, and sedentary lifestyle. It is most prevalent in elderly populations and can be delayed with some simple lifestyle strategies.

NUTRITION
- One of the biggest issues concerning muscle mass loss is the lack of quality protein in a person’s diet
- Recent research has shown that muscle atrophy is mostly contributed to poor protein synthesis within the muscle
- This can be fixed by getting a sufficient amount of protein each day through diet and supplementation
- Good sources of protein are lean meats, such as chicken and turkey. Nuts are also a good source of protein.
- It is recommended that you should get 40-50g of Protein per day!

WEIGHT-TRAINING
- The other important strategy to augment muscle loss is resistance based weight-training
- People looking to add muscle or help prevent Sarcopenia should lift at least two times a week and use progressive overload
- Performing a lift at 80% of a person’s 1RM has been showed to increase muscle size and strength
- Elderly people should consult with their doctor before beginning any new exercise routine
- Can help to enhance daily activities and prevent injury

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