



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

01/03: Sarcopenia

Sarcopenia isn't an everyday word, but it is something that you DO NOT want to have happen. It's irreversible.

Sarcopenia literally means “lack of flesh”. It is age-related, progressive muscle disorder that accelerates the loss of muscle mass and function.

While there are some exceptions, sarcopenia is a phenomenon of middle age. On average, adults lose 3% of their muscle strength/mass every year. This loss limits their ability to perform many routine activities of daily living. Even more disturbing, sarcopenia also shortens life expectancy in those it affects compared to individuals with normal muscle strength.

Sarcopenia is different than muscle atrophy. It is far more damaging. Muscle atrophy occurs when a muscle receives less exercise or activity and the cells become smaller. If you have ever exercised and then stopped, you most likely experienced muscular atrophy. You noticed that your muscles were smaller and not as toned.

The good news about muscle atrophy is that it can be reversed. When you resume exercising, the muscle cells will undergo hypertrophy. This means that the muscle cells that shrank will become larger and stronger again.

Sarcopenia is not the shrinking of a muscle cell. Instead, it is the dying off of a muscle cell. Unlike atrophy, once the cell has died it is gone forever. It can never be re-strengthened. Don't let this happen to you.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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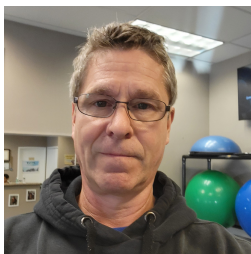




Sarcopenia typically occurs in the fifth decade of life and is related to declining activity and aging. Practically speaking, it is why an individual can be moderately active in their 50s but stooped over, frail-looking and using a walker in their 70s.

However, there is great news. While the dying off of muscle cells will occur if you let it, the process can be significantly prevented or reduced by participating in regular resistive training!

Resistive training signals the body that the muscle cells are still needed and prevents sarcopenia from happening. Conversely, lack of activity signals the body that the muscle cells are no longer needed. Lack of activity can be lethal. It allows cells to die off, thus accelerating aging and death.



David Trumbore
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Take-Home Message

The simple but profound take-home message is that everyone should be doing some form of resistive training!

Please contact our fitness studio. Let us help you prevent the permanent death of muscle cells, premature aging and shortened lifespan caused by sarcopenia.