

SARCOPENIA



What is Sarcopenia?



Weakened muscles



Loss of strength & function



Result of aging



Affects quality of life, decreases mobility and increases risk of falling

How can I PREVENT Sarcopenia?



Exercise regularly and add weights to your workout



Eat more protein rich foods like meat, fish, eggs, milk, nuts, etc.



Increase your anti-oxidant intake by eating foods like berries, oranges, apples and green vegetables like broccoli



Increase your vitamin D intake by regular sun exposure and eating foods like sardines, eggs, avocado's, etc.

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