







## 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?

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Exercise regularly and add weights to your workout
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Eat more protein rich foods like meat, fish, eggs, milk, nuts, etc.
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Increase your anti-oxidant intake by eating foods like berries, oranges, apples and green vegetables like broccoli
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Increase your vitamin D intake by regular sun exposure and eating foods like sardines, eggs, avocado's, etc.

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