



# BODY MATTERS

Sarcopenia, the Sneaky  
Muscle Thief



# **SNEAKY SARCOPENIA**

Sarcopenia is sneaky because it often goes unnoticed until significant muscle loss occurs. This gradual decline in muscle mass and strength can impact mobility and independence, making daily activities more challenging.

Many people may not realize they're losing muscle until it's too late. Staying active and incorporating strength training can help combat this hidden threat and maintain vitality.

# MISUNDERSTANDING SARCOPENIA

Many people don't understand sarcopenia as age-related muscle loss, delaying action, allowing decline, weakness, falls, and reduced independence overall.

Use trusted resources online or workshops, enabling early thoughts, action and preventative habits, stronger muscles, and long-term independence sustainable health.



# DECREASED PHYSICAL ACTIVITY

As activity declines with age due to fatigue or lifestyle, reduced movement accelerates muscle loss, limiting mobility, confidence, and function.

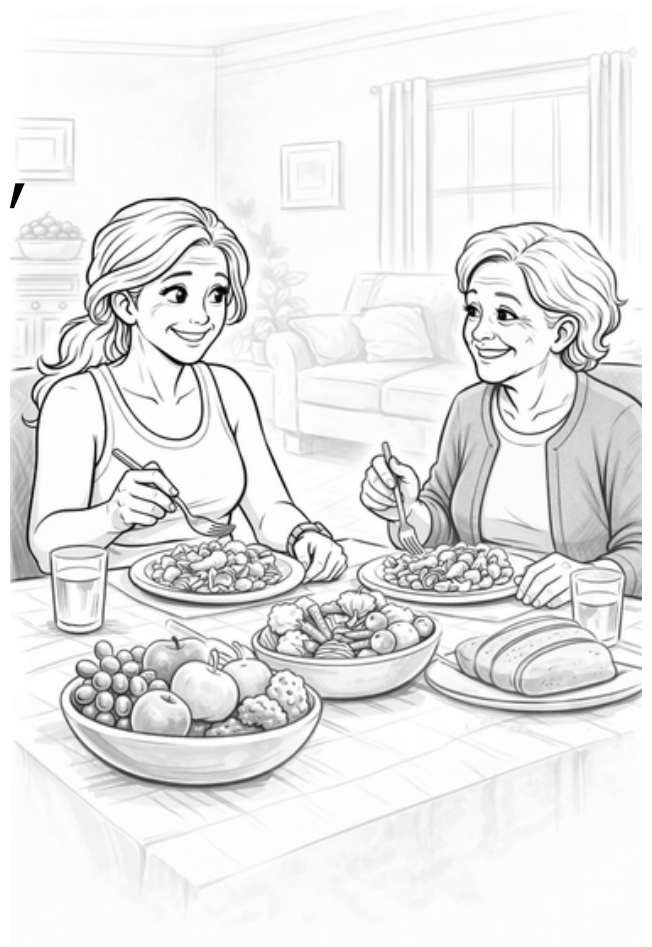
Start small with walking, stretching, or light exercise gradually, slowly increasing activity to improve muscle function and overall energy.



# NUTRITIONAL DEFICIENCIES

Aging reduces appetite and nutrient absorption, causing protein, vitamin D, and calcium deficiencies, accelerating muscle loss and increasing injury vulnerability.

Eat balanced meals with protein, fibre-rich veggies, and healthy fats. Eat real food, that your mum or grandma would cook for you.



# REDUCED MUSCLE MASS

Sarcopenia gradually reduces muscle size and density, impairing posture and mobility, making every day movements harder causing loss of independence.

Perform strength training twice weekly using bodyweight, bands, or weights to maintain muscle mass, improve mobility, and preserve your independence for the long-term.



# DECREASED MUSCLE STRENGTH

With age, muscle fibres shrink and weaken, reducing strength, making tasks harder, and increasing risk of falls, injuries, and loss of self-confidence.

Do resistance training, using bands, weights, or machines, focusing on progression to build strength, improve function, and reduce the risk of injury.



# IMPAIRED BALANCE AND COORDINATION

Muscle loss reduces stability and coordination, leading to poorer balance, slower reactions, and increased risk of trips, falls, and injuries.

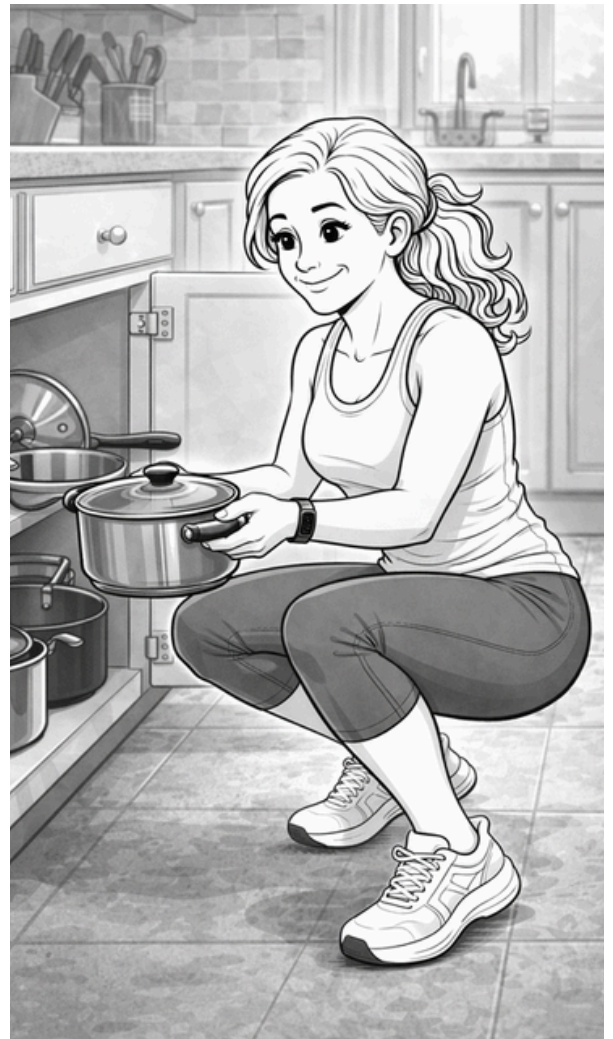
Practice balance exercises like single leg movements, yoga or tai chi, to improve stability, coordination, confidence, and reduce fall risk overall.



# LOSS OF FUNCTIONAL INDEPENDENCE

Declining strength and mobility make daily tasks difficult, reducing independence, confidence, mental wellbeing, and overall ability to function effectively fully.

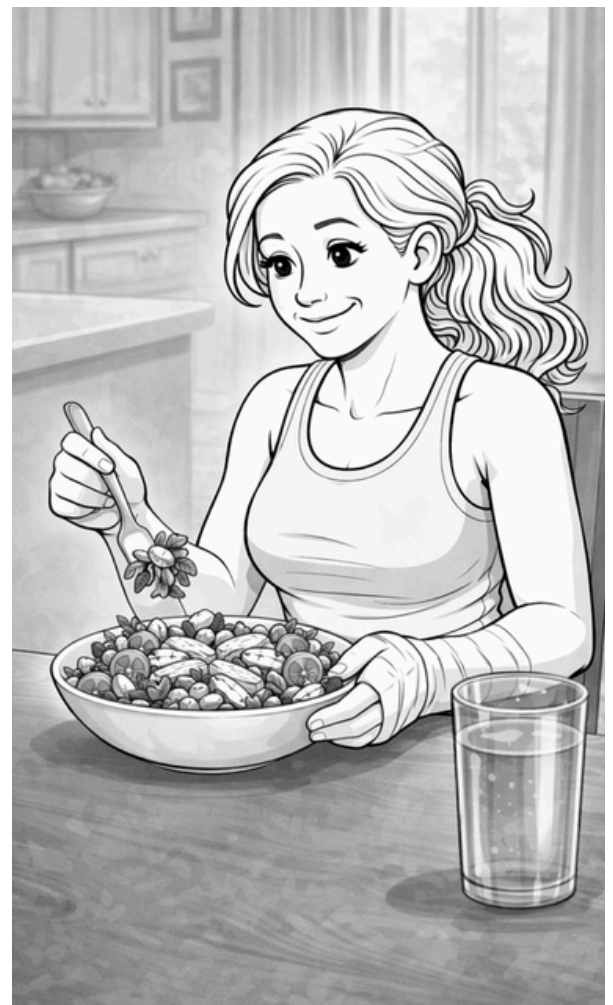
Train functional movements like squats, lunges, and step-ups to build strength, improve coordination, and maintain your independence in everyday activities confidently.



# SLOWER RECOVERY FROM INJURIES

Aging slows muscle repair due to reduced protein synthesis and circulation, prolonging recovery, lowering activity, and contributing to muscle decline.

Support recovery with adequate protein, hydration, rest, and gentle movement to improve circulation, promote healing, and maintain muscle function safely.



# INCREASED FATIGUE

Sarcopenia causes quicker muscle fatigue, reducing endurance and motivation, discouraging activity, accelerating decline, and making simple tasks feel harder.

Prioritise quality sleep, balance activity with rest, and build fitness to improve endurance, reduce fatigue, and maintain consistent activity levels.



# LACK OF SOCIAL ENGAGEMENT

Social isolation reduces motivation to be active and engage in healthy habits, leading to inconsistency, faster physical decline, mental wellbeing and quality of life overall.

Join group classes, walking clubs, or community activities to increase accountability, enjoyment, and consistency while improving physical and mental health.



# CONCLUSION

Sarcopenia may be silent, but its impact is profound— affecting strength, independence, and quality of life over time. The good news is it's preventable and reversible with the right habits. It's all about muscle. Strength training and protein and eating like your grandparents did will keep you strong, capable, and living fully for longer.

