

# SUPPORTING HEALTHY MUSCLE AND BONES

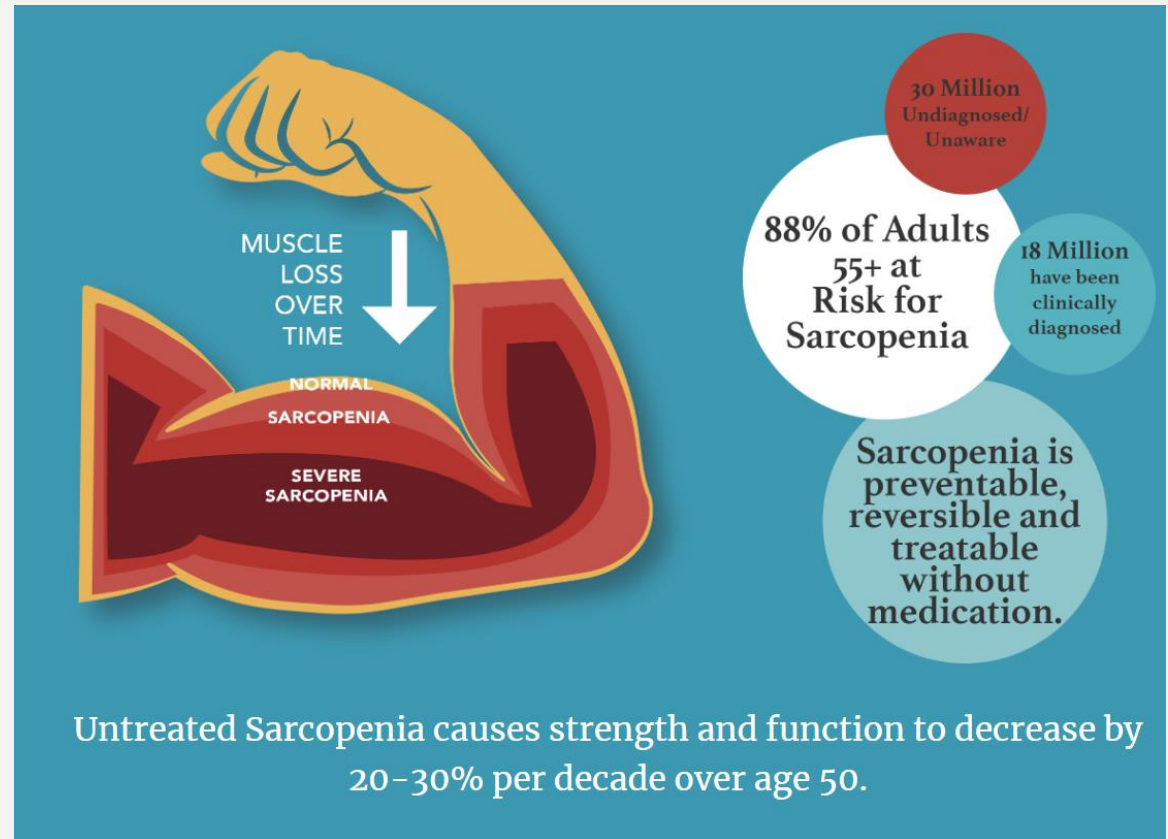
IT'S EASIER THAN YOU THINK!



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# WHY IS IT IMPORTANT?

- Starting in your 30's, there is a loss of muscle mass associated with both aging and inactivity – This process is known as Sarcopenia
- In addition to muscle loss, there is a decrease in bone mineral density also associated with ageing and inactivity
- If these two occurrences progress without intervention, individuals are at a much higher risk of bone fracture and muscle loss (atrophy)



# STATISTICS

- Muscle loss (often related to aging) affects many **individuals over 30**
- Muscle loss (often related to aging) can reach **50% of total muscle mass lost** later in life if no intervention is implemented
- Osteoporosis (bone mineral density loss) is the most prevalent disease among post-menopausal women. This causes an increased risk of fracture.
  - **The most common affected areas are the spine, hip, and wrists**
- Hip fractures (often due to bone-loss) cause **permanent disability in 50% of cases**



# IMPROVE MUSCLE HEALTH

- Muscle health is largely dependent on **activity and nutrition**
- The easiest way to fight muscle loss and support muscle health is adding resistance based training and adequate protein intake
- **Exercise:** Weight training, resistance-based cardiovascular exercise, and even walking have been shown to fight muscle loss.
- **Nutrition:** It has been recommended that individuals consume **25-30 grams of protein with every meal**, or a minimum of .36 grams per pound daily



# IMPROVE BONE HEALTH

- Similar to muscle health, bone health requires activity and nutrition
- **Exercise:** The key point is exercise needs to be **weight-bearing**
  - Examples include weight/resistance training, weight-bearing cardio, or exercises that includes ballistic movements (jumping rope, box jumps, etc)
- **Nutrition:** The main components to bone density is **Calcium and Vitamin D**
- Proper amounts can be obtained through normal diet, but consult your physician if you wish to supplement your source with multivitamins





# SUMMARY

- After 30, muscle and bone health need to be actively improved through a combination of diet and exercise
- Weight-bearing exercises and consuming plenty of protein, Calcium, and Vitamin D will also greatly improve muscle and bone health
- Maintaining good muscle and bone health will help prevent muscle and bone mass loss well into your 90's, having a positive lasting effect and reducing your chances of injury



# SOURCES

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- By Team Leader: Samantha Granger

