

## Sarcopenia Prevention

**Sarcopenia** is the loss of muscle that can be due to a variety of factors, such as aging, inactivity, or rapid weight loss. This can weaken our muscles and can make it harder to perform physical and daily activities. Strong muscles support our health, improve balance, improve our metabolism and enhance quality of life!

### Muscle Building

When strength training, you want to make sure you work all muscle groups-legs, arms, abdominals, back, and glutes. Pick 1-2 exercises from each group and perform 8-12 repetitions of each exercise. These should be done at least 2 times per week.

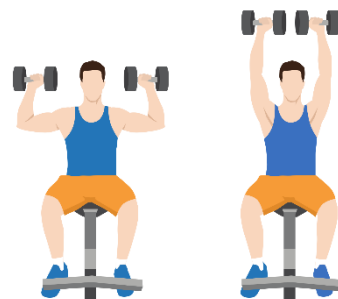
#### Arms



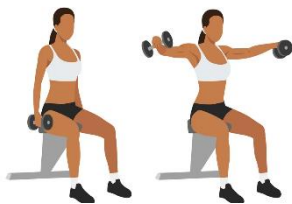
Push Ups : can be done on a wall or on your knees for a modification



Arm Curls: can be done with weights or household items like full water bottles or canned goods!



Seated shoulder press



Seated lateral raise



Upright Row

#### Legs and Glutes



Squats: can be done with a chair or counter for a modification, or with weights for more resistance!



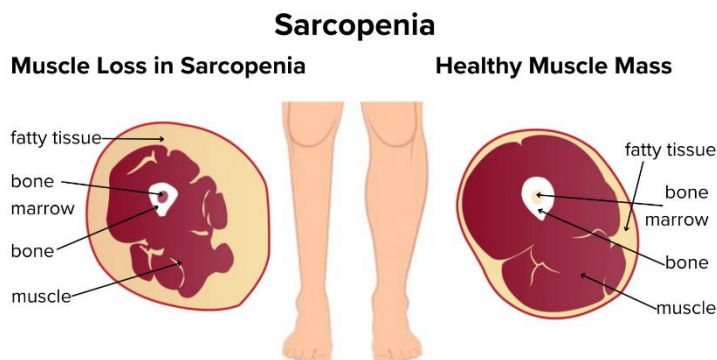
Lunges: can be done with weights for more resistance!



Walking: outside or inside on a treadmill!



Walking in a Pool: easier on the joints!



## Center for Weight Management and Wellness



Glute Bridges: can be performed on a bed



Calf Raises: can be done with or without weights



Banded Side Steps

### Core



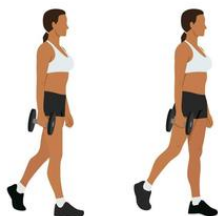
Planks: can be done on hands or forearms, or with support from a wall, counter, or stairs



Seated leg raises



Side Bends: can be done in a chair, seated, or standing!



Farmer walks with weights



Side twists

### Back



Cat and cow yoga poses



Bird Dog: on all fours, lifting opposite arm and leg



Knee-to-chest raises, laying or standing position



Dead bug: lifting opposite arm and knee, either laying or standing position



Resistance band back rows: can also be done with dumbbells



Standing Lumbar Extension