

Review

Combining exercise and nutrition in the prevention of sarcopenia

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ABSTRACT

Sarcopenia is the involuntary loss of skeletal muscle mass and strength that occurs with aging, resulting in physical frailty. This age-related muscle weakening decreases ADL (activities of daily living) and QOL (quality of life) and can increase the risk of injury from falling. In some cases, sarcopenia can prevent standing independently and can lead to confinement in bed. Many previous studies have reported that suitable exercise and nutrition accelerate muscle protein synthesis even in elderly subjects. This review will focus on interventions combining exercise and nutrition to prevent and ameliorate sarcopenia.

Keywords: sarcopenia, protein intake, combining exercise and nutrition