



Muscles and Aging

Eating Protein is Important for Strong Muscles!

These are healthy sources of protein:

- Lean Meats like white-meat poultry, pork tenderloin, lean beef
- Dairy products like low-fat milk, cheese and yogurt
- Eggs
- Beans
- Soy Products
- Fresh Fish

Easy Southwestern Chicken

Ingredients

- 3 oz boneless, skinless chicken breast
- ¼ cup salsa
- ¼ cup canned black beans (drained and rinsed)
- ¼ cup canned corn (drained and rinsed)

To Cook

- put all ingredients in an aluminum foil pouch
- bake in oven on 350°F for 20-30 minutes

What is Sarcopenia?

Sarcopenia is a term that refers to the loss of muscle that occurs as people get older. As people get older, their muscles tend to become smaller and weaker. When this happens, older adults may have trouble with activities of daily living, such as shopping, walking up stairs, carrying laundry, and doing light housework. When people lose too much muscle, they may become dependent on others to help them with some of these activities.



Healthy Physical Activity Habits Will Help Keep Your Muscles Strong

- **30 minutes of physical activity every day is recommended for all Americans**
 - You can even get this amount of activity in three 10 minute sessions throughout the day.
- **Try to do aerobic activities every day. These activities raise your heart rate, cause you to breathe harder and sweat.**
 - Examples of aerobic activities are brisk walking, running, cycling, and dancing.
 - You can gauge if you are working hard enough, but not too hard, by making sure you can talk to a friend while exercising but not sing.
- **Muscle-strengthening activities make your muscles stronger. These include activities like push-ups and lifting weights. Try to do these 2-3 days per week.**
 - It is important to work all the different parts of the body — your legs, hips, back, chest, stomach, shoulders, and arms.
- **You can also try balance and stretching activities to enhance your physical stability and flexibility, which help reduce your risk for injury.**
 - Examples are gentle stretching, yoga, martial arts, and tai chi.