

Name _____

Muscles and Aging: How Time Impacts Your Strength

Multiple Choice Questions

1. What is sarcopenia?
 - a) An increase in muscle mass
 - b) A decrease in muscle strength
 - c) A decline in muscle mass
 - d) A condition that affects joint flexibility

2. What is dynapenia?
 - a) A decline in muscle mass
 - b) An increase in muscle flexibility
 - c) A loss of muscle strength
 - d) A condition that affects nerve function

3. How does aging affect muscle flexibility?
 - a) It increases flexibility
 - b) It has no effect on flexibility
 - c) It decreases flexibility
 - d) It improves flexibility

4. What can help improve muscle function and reduce the risk of falls in older adults?
 - a) Regular stretching exercises
 - b) Strength training activities
 - c) Smoking and excessive alcohol consumption
 - d) Avoiding physical activity

5. What are some strategies for maintaining muscle health as we age?
 - a) Regular exercise and a balanced diet
 - b) Eating fast food and sugary snacks
 - c) Avoiding exercise and staying sedentary
 - d) Drinking plenty of alcohol and smoking cigarettes

