Name _____

Muscles and Aging: How Time Impacts Your Strength

Open-Ended Response Questions

1. How does sarcopenia affect muscle strength and function?

2. Can you explain why regular exercise is important for maintaining muscle health as we age?

3. What are some examples of strength training activities that can help preserve muscle mass and strength in older adults?

4. Why is it important for older adults to focus on balance and coordination exercises?

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