

Name _____

Muscles and Aging: How Time Impacts Your Strength

Short Answer Key

1. Sarcopenia is a decline in muscle mass.
2. Regular exercise can help maintain muscle health by promoting muscle mass, strength, and flexibility.
3. One strategy for improving muscle flexibility is regular stretching exercises.
4. Maintaining muscle function is important for older adults to stay mobile, independent, and reduce the risk of falls.
5. One nutrient-rich food that can support muscle health is lean protein sources like chicken or tofu.

