

Name _____

Muscles and Aging: How Time Impacts Your Strength

Open-Ended Response Answer Key

1. Sarcopenia leads to a decrease in muscle mass, strength, and function, making it more challenging for individuals to perform everyday tasks and maintain mobility.
2. Regular exercise is important for maintaining muscle health as we age because it helps preserve muscle mass, strength, and flexibility, as well as improving overall physical function and quality of life.
3. Examples of strength training activities that can help preserve muscle mass and strength in older adults include lifting weights, using resistance bands, and performing bodyweight exercises like squats and push-ups.
4. It is important for older adults to focus on balance and coordination exercises to improve muscle function and reduce the risk of falls, which can lead to injury and loss of independence.

