

Exercising for elderly (over 60 years old)

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Sarcopenia. From the time you are born to around the time you turn 30, your muscles grow larger and stronger. But at some point in your 30s, you start to lose muscle mass and function. The cause is age-related sarcopenia or sarcopenia with aging. $70-30 = 40$ years/ $10 = 4$ decades $\times 5\% = 20\%$ loss of muscle at age 70. Sarcopenia typically happens faster around age 75. But it may also speed up as early as 65 or as late as 80. See article:

<http://www.webmd.com/healthy-aging/sarcopenia-with-aging>

Exercising recommended to offset Sarcopenia with aging.

Articles at http://www.todaygeriatricmedicine.com/news/ex_092210_03.shtml and https://www.cdc.gov/physicalactivity/basics/older_adults/ and <http://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm> recommends 150 to 300 minutes of "exercise" per week. $300 \text{ minutes} \times 4 \text{ weeks} = 1200$ minutes or 20 hours a month for elderly people divided into four categories: aerobic/endurance, strength training, balance, and stretching.