

## **Strength Training: The best anti-aging remedy ever**

It is no secret that our bodies change as we age. Some changes are obvious, while others are more subtle. Believe it or not aging affects our muscles too. Strength peaks around the age of 25, plateaus between the ages of 35-40, and then shows an accelerating decline, with 25% loss of peak force by the age of 65.

According to the American Academy of Orthopedic Surgeons the following 6 changes occur as we age:

- **Muscles shrink and lose mass** - this is a natural process, but a sedentary lifestyle can accelerate it
- **The number and size of muscle fibers decrease** - it takes muscles longer to respond in our 50's than they did in our 20's
- **The water content of tendons (the cord like tissues that attach muscles to bone) decreases** - this makes the tissue stiffer and less able to tolerate stress
- **Handgrip strength decreases**, making it more difficult to accomplish routine activities such as opening a jar or turning a key
- **The heart muscle becomes less able to propel large quantities of blood quickly to the body** - we tire more quickly and take longer to recover.
- **The body's metabolic rate (how quickly the body converts food into energy) slows.**

Resistance training can dramatically impact these side effects of aging. Resistance training will help offset the loss in muscle mass and strength typically associated with normal aging. Other key benefits to strength training while we age include improved bone health, improved postural stability, and increased flexibility. Take control of the aging process and begin a resistance training program immediately. It is never too late to start.

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