

Soundbite script – It's never too late to build muscle

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"Studies have shown that when you get into your 70s, that's when we calculate your muscle mass compared to when you were in your 30s, you have lost about 50% of your skeletal muscle mass." (:12)

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"Muscle, just like any other organ system in the body, musculoskeletal system, is comprised of the skeletal muscles and the bones that function in our body. They keep us upright when we're standing up, give us balance, and when we lift things, the strength and the motor power, is provided by your skeletal muscles. So, it is important to maintain that strength and mass." (:28)

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"Sarcopenia is mostly age related because of modifiable and non-modifiable risk factors. Non-modifiable risk factors happen as we age; you cannot modify that. A loss of testosterone as we age, in men particularly, that's another non modifiable risk factor. But some of the modifiable risk factors are diet and exercise. Those are the things that will lead you to have sarcopenia earlier than later in life." (:22)

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"I have learned through my training that you should be exercising to the point where you cannot take a deep breath or you cannot sing while exercising. That should be one of the ways you can gauge yourself. If you exert yourself to that point, and you do it for at least 150 minutes a week, then you're meeting the goal." (:20)

Dr. Faheem Ahmad, family practice physician, OSF HealthCare

"We encourage you to start exercising as much as you can tolerate. But again, it must be structured, and it has to be to the point that you're not causing damage, you're not hurting yourself. So, talk to your trainer, talk to your primary care physician, to discuss what kind of exercises you need to start with." (:18)