THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

OVER 60? DON'T LET STRENGTH SLIP AWAY

Why maintaining muscle and strength as you age is key to staying active, independent and doing the things you love.





Have you noticed everyday activities becoming a little harder? Getting out of a chair, carrying the shopping or climbing stairs might not feel as easy as they once did. As we age, we naturally begin to lose muscle mass and strength, a process known as sarcopenia.

This can start from around midlife and become more noticeable as we get older, particularly if we're less physically active. Reduced muscle strength can affect everything from walking and balance to everyday tasks and maintaining independence.

The good news is that muscle strength can be improved at any age. Regular strength training helps maintain muscle mass, improve physical function and give your body the capacity to keep up with the demands of everyday life.







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HOW YOU CAN IMPROVE YOUR STRENGTH

- **Strength Training:** Incorporate resistance exercises targeting major muscle groups, including your legs, hips, back and arms. Even simple exercises can make a difference.
- **Start With the Basics:** Exercises such as sit-to-stands, step-ups and resistance band work are great ways to build strength and improve everyday function.
- **Progress Gradually:** As your strength improves, gradually increase resistance or exercise difficulty to keep challenging your muscles.
- **Stay Consistent:** Aim to include strength training at least twice a week. Regular exercise is more beneficial than occasional bursts of activity.

WHEN YOU SHOULD SEEK HELP?

If you're noticing a loss of strength, struggling with everyday activities or unsure where to start with resistance training, a physiotherapist can help develop a program suited to your ability and goals.

It's never too late to get stronger. Our physio team can help you build strength, maintain independence and keep doing the things you enjoy.