- Muscles

Importance of muscle health, especially for people above 50

The Manila Times · 20 Feb 2024 · B7

THERE are over 600 muscles working together for the body to fully function.



Supporting movement, stability, digestion, circulation and more, muscles provide strength and energy needed for everyday activities.

“Muscles are the largest component of our total lean body mass, which is everything that makes up our body except for fat. In fact, muscles usually account for 50 to 60 percent of our body weight. This is why healthy muscles are essential to a person’s physical strength, organ function, skin integrity, immunity and wound healing.” explained Dr. Jose Dimaano Jr., medical director for Abbott’s nutrition business in Asia-Pacific.

Starting around the age of 40, adults can lose up to eight percent of their muscle mass per decade, and this rate of loss almost doubles after the age of 70.

The condition of advanced muscle decay and function is called sarcopenia, which may affect nearly one in three people over the age of 50. Sarcopenia can significantly impact a person’s quality of life and drive health complications.

Choosing a balanced diet full of vegetables, fruits, whole grains, healthy fats and key vitamins and minerals, like calcium and vitamin D, can help protect muscle mass. Older adults should also look to protein and HMB (-hydroxy- - methylbutyrate).

Protein forms, builds and repairs the physical structure of every part of the body. High-protein foods include meat, fish, beans, soy and nuts.

“We often don’t get the right amount of nutrients our body needs from our meals alone. That’s why Abbott develops science-based nutrition for people of all ages, including oral nutrition supplements with HMB to help Filipino adults stay strong and active,” Dimaano said.

Abbott’s Ensure Gold provides a good source of HMB + Triple Protein to help older adults slow down age-related muscle decay.

To schedule a free nutrition counseling, just go through Alagang Abbott’s Facebook Messenger.