

The Muscle Preservation Plan

For anyone who feels fine and assumes muscle loss is a problem for later. Every line below restates a claim verified against Tier-1 medical sources this week. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · HARVARD HEALTH · NATIONAL INSTITUTE ON AGING

1

It peaks at 30 to 35

Muscle mass and strength climb from birth and peak at around 30 to 35 years of age, then decline. (NIA)

2

3% to 5% a decade

The ordinary rate of loss from age 30, rising to as much as 8% per decade once it accelerates. (Harvard Health, Cleveland Clinic)

3

There is no pill

There are currently no FDA-approved medications to treat sarcopenia. Resistance training and protein are the treatment. (Cleveland Clinic)

1. Put two strength sessions in the calendar

The threshold is lower than most people assume.

WHY THIS WORKS

NIA-supported researcher Roger Fielding advises about 150 minutes a week of moderate exercise with strength training in the mix one to two times per week, and notes benefits appear even below that level. Harvard Health counts body weight, free weights, elastic bands and machines as resistance training, and states you are never too old to benefit from the gains.

SOURCE: NIA · HARVARD HEALTH

DO THIS WEEK

- ☐ Pick two fixed days and put them in the calendar as appointments
- ☐ Choose your tool: bodyweight, bands, dumbbells or machines
- ☐ Start with sit-to-stands, wall push-ups and a carry
- ☐ Add walking on the other days, which Fielding pairs with resistance training

2. Get 20 to 35 grams of protein on every plate

Breakfast is where most people fall short.

WHY THIS WORKS

Cleveland Clinic advises aiming for 20 to 35 grams of protein per meal as part of sarcopenia treatment. Harvard Health notes the RDA is 0.8 grams per kilogram of body weight, while research suggests 1 to 1.2 grams per kilogram per day helps repair the muscle fibers that strength training breaks down. Training without adequate protein leaves results on the table.

SOURCE: CLEVELAND CLINIC · HARVARD HEALTH

DO THIS WEEK

- ☐ Add a protein source to breakfast, not just to dinner
- ☐ Work out your own daily target at 1 to 1.2 g per kg of body weight
- ☐ Keep easy options in: eggs, Greek yogurt, cottage cheese, fish, beans
- ☐ Spread it across meals rather than loading one

3. Get a baseline number at your next appointment

The screening tests need no equipment and under a minute.

WHY THIS WORKS

Cleveland Clinic describes the SARC-F questionnaire, which scores Strength, Assistance with walking, Rising from a chair, Climbing stairs and Falls from 0 to 2 each, where 4 or more out of 10 warrants more testing. It also lists a handgrip test,

DO THIS WEEK

- ☐ Ask for a grip strength or chair-stand test at your next visit
- ☐ Time yourself standing and sitting for 30 seconds without using your arms

a chair stand test counting stands in 30 seconds without using your arms, and a 4-meter walking speed test.

☐ Write the number down so you can compare in three months

☐ Raise any new weakness rather than filing it under just aging

SOURCE: CLEVELAND CLINIC

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Sarcopenia (Muscle Loss): Symptoms and Causes · <https://my.clevelandclinic.org/health/diseases/23167-sarcopenia>

Harvard Health, A guide to combatting sarcopenia and preserving muscle mass as you get older · <https://www.health.harvard.edu/healthy-aging-and-longevity/a-guide-to-combatting-sarcopenia-and-preserving-muscle-mass-as-you-get-older>

National Institute on Aging, How can strength training build healthier bodies as we age? · <https://www.nia.nih.gov/news/how-can-strength-training-build-healthier-bodies-we-age>

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