

There are a lot of myths that surround the aging process. One of them relates to age related muscle deterioration.

The body deteriorates with age. There is no question about that. What too many people believe, however, is that there is little that can be done about it. One of the primary differences between someone in their 40's and someone in their 70's is the amount of lean muscle mass in their bodies. Lean muscle mass is biologically active tissue and it helps to promote a healthy metabolism.

We have a tendency to lose muscle as we get older and it has been thought for decades that this was inevitable. The truth is that muscle tissue can be built at any age. The real reason that we lose muscle tissue as we age is that we use our bodies less and less.

Most people become more sedentary as they age and as they become more sedentary, they use their muscles less and less. Muscles respond to what is demanded of them. The more we require our muscles to do, the more they will build to adapt to that requirement, regardless of our age.

Another reason we become more sedentary is that throughout our lives we damage our bodies. Since most of us don't treat and rehabilitate these injuries properly, the damage gradually accumulates. Most simply take pain medication, which promotes poor healing. In time these old injuries resurface and we find that it hurts when we do certain activities. Instead of working to repair the damage we stop doing the activities that trigger the pain. In other words, we become less functional and more sedentary.

Loss of muscle tissue makes us less stable, increasing the likelihood of falls. Loss of muscle tissue makes us weaker. When we are weaker, it limits our activity and makes us more prone to injury.

In our Dalton office we have installed a full fitness center and we offer it free of charge for our active patients who are 59 and older. Our patients receive proper care to help heal old injuries and then they can exercise to help promote healthy aging. If you want to reduce the effect of age on your body, you need to do the same.

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