

[IMAGE]

More Muscle, Better Brain

By Editorial Staff

Maintaining muscle mass when we're older helps prevent falls, reduce the risk of frailty and more. It also helps preserve cognitive function, an increasingly top-of-mind health concern. Let's see why more muscle equals a better brain in our golden years.

Researchers evaluated muscle mass and cognitive function in 8,000-plus seniors ages 65-86 at baseline with a three-year follow-up period. Seniors with low muscle mass at baseline had faster rates of cognitive decline (specifically executive function) over the next three years compared to seniors with higher levels of muscle mass.

Executive function is critical to overall cognitive health because we use it to control and coordinate other cognitive functions. Abilities such as planning, self-control, awareness and focus all fall under the umbrella of executive function.

old people workout - Copyright â Stock Photo / Register Mark Muscle mass isn't easy to maintain with age; in fact, we lose 3-8 percent of our muscle mass every decade after about age 30, and the decline accelerates after age 60. That makes a consistent muscle-building exercise regimen a priority – before age 30, so you can withstand the inevitable loss; and after age 30, to continue building muscle and account for the natural decline.

The good news according to the aforementioned study, findings from which appear in *JAMA Network Open*, is simple: More muscle, better brain.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=3045&no_paginate=true&no_b=true