



Sarcopenia, Exercise and Quality of Life

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Message from the Guest Editor

Sarcopenia is the loss of muscle mass and power that occurs during aging. Muscle mass gradually decreases by 3%–8% every decade starting at age 30, accelerating from 60 years old. This produces a progressive decrease in strength that contributes greatly to the disability and loss of independence of the elderly. Therefore, in order to treat and delay sarcopenia, the decisions that are made regarding life habits must be taken into account. In addition, with the physiological and systemic changes that occur in the body as age advances and accelerate the progression of this syndrome, lifestyle factors are much more controllable, and the inclusion of exercise (both resistance as strength) in a healthy lifestyle is of paramount importance. Therefore, the increase of public awareness of the importance of lifestyle habits (including an effective training plan to combat the effects of this disease) related to the state of the skeletal muscles in old age is of great importance in the treatment of sarcopenia.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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