

A Minute of Health with CDC

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

[Matthew Reynolds] Welcome to A Minute of Health with CDC. I'm your host, Matthew Reynolds.

Did you know that, as we get older, we lose some of the muscle mass in our bodies? Over time, we can lose muscle mass in places like our arms, shoulders, and legs. It's a natural part of the aging process, but there's some good news — it is possible to slow down that process with exercise and strength training.

According to a new study by the CDC, strength training can have benefits for everyone, especially older adults, and while adults over the age of 65 stand to gain the most by doing some type of strength training, they are also doing the least amounts of it.

By regularly lifting weights or doing calisthenics, older adults will be helping to maintain the strength needed for daily living activities, such as carrying groceries or walking up stairs.

Be sure to join us next week on A Minute of Health with CDC.

[Announcer] To access the most accurate and relevant health information that affects you, your family, and your community, please visit www.cdc.gov.