

Mayo Clinic Minute

Staying vital as you age

Video	Audio
	Frailty is a part of normal aging.
Amanika Kumar, M.D. Obstetrics and Gynecology Mayo Clinic	"It's the lack of resilience, the lack of ability to bounce back."
	Dr. Amanika Kumar says frailty also may be coupled with muscle loss, which is called sarcopenia.
	"Both frailty and sarcopenia seem to be age-related. So as we get older, we have the higher risk of both of those things. They also seem to be cancer-related. So if you have a solid tumor, you seem to be at risk of both of those things."
	So how can you prevent both frailty and sarcopenia?
	Dr. Kumar says the best medicine is to keep moving.
	"If you have a loss of muscle, can you gain muscle? There's a lot of research being done by some therapeutics and pharmaceuticals, but what does seem to actually help are things like exercise, including weight-bearing exercise."
	You don't have to run a marathon or power lift. Just stay active. Walk 30 minutes a day or get out in the garden. Do activities you enjoy.
	"I do think that can make a difference in your overall feeling of well-being and your overall fitness."
	For the Mayo Clinic News Network, I'm Jason Howland.

