

WHAT IS SARCOPENIA?

Sarcopenia is the progressive, age-related loss of muscle mass and function, and it starts earlier than most people expect. Harvard Health and NIH News in Health give the same rate: about **3% to 5% per decade, starting at age 30**.

Harvard estimates it affects about 5% to 13% of people ages 60 to 70, and up to 50% of people 80 or older. NIH notes there is no widely agreed-upon way to measure muscle loss, so estimates vary.

It tends to show up in ordinary moments first. Harvard lists stairs or a brisk walk feeling harder, less stamina, and poorer balance.

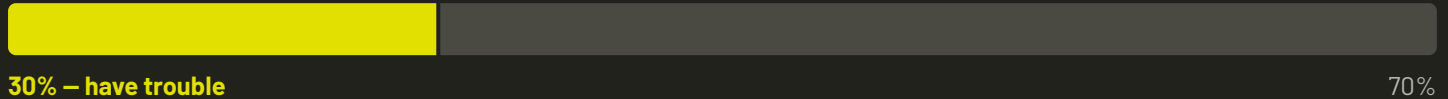
If you train with us, you are already doing what Harvard, NIH and Cleveland Clinic all recommend first: resistance training.

3–5%

of muscle mass lost per decade, starting at age 30, for most people. Other institutions estimate the rate differently.

HARVARD HEALTH, 2024 · NIH NEWS IN HEALTH, 2025

About 30% of adults over 70 have trouble walking, getting up out of a chair or climbing stairs (National Institute on Aging):



THE SOLUTION? STRENGTH TRAINING AND PROTEIN

NIH aging expert Dr. Rosaly Correa-de-Araujo puts the first half plainly: “you need to have resistance training because this is going to help build your strength.” Harvard adds that you are never too old to benefit.

The second half is food, which is our own field. Oscar Esquivel and Roxana Yglesias, who own Alloy, both hold PhDs in food science. Your body needs protein to build and maintain muscle, and as part of treating sarcopenia, Cleveland Clinic suggests aiming for **20 to 35 grams of protein per meal**.



Illustration.

HOW ALLOY'S SESSIONS PROTECT YOUR MUSCLE

- **Every major muscle group** — arms, legs, abs, back and chest, the same list NIH News in Health gives.
- **Progressive resistance, coached** — the load rises as you get stronger, so your muscles keep a reason to adapt.
- **Six people, maximum** — small enough that a coach is actually watching your form.

WHY MUSCLE IS WORTH PROTECTING

- 1 Muscle is an organ that talks.** A 2020 review in *Endocrine Reviews* describes skeletal muscle as an endocrine organ that can release hundreds of signaling molecules, called myokines. Few have a known role in humans yet.
- 2 Function is what gets measured.** In an NIH-funded analysis of adults 65 and older, weaker grip and slower walking were linked with higher risk of falls, hip fractures and death. Lean body mass alone was not.
- 3 Muscle keeps responding as you age.** The National Institute on Aging says many older adults can increase muscle strength with exercise, which can help maintain mobility and independence.
- 4 Building muscle may call for more protein.** Harvard Health: the RDA is 0.8 g per kg of body weight, and research suggests 1 to 1.2 g/kg a day can help repair muscle fibers after strength training.
- 5 Studied in small, coached groups.** NIA-supported studies at Tufts trained older adults in small groups led by a trainer, and found walking plus resistance training the best recipe for physical function.

WHAT THE RESEARCH SAYS

Harvard Health — A guide to combatting sarcopenia and preserving muscle mass as you get older

The 3–5% per decade rate, the prevalence estimates, and protein at 1 to 1.2 g/kg.

<https://www.health.harvard.edu/healthy-aging-and-longevity/a-guide-to-combatting-sarcopenia-and-preserving-muscle-mass-as-you-get-older>

NIH News in Health — Slowing Sarcopenia

The same 3–5% rate, and the grip and walking-speed findings.

<https://newsinhealth.nih.gov/2025/04/slowng-sarcopenia>

National Institute on Aging — How can strength training build healthier bodies as we age?

The 30% mobility figure, and trainer-led small group research at Tufts.

<https://www.nia.nih.gov/news/how-can-strength-training-build-healthier-bodies-we-age>

Cleveland Clinic — Sarcopenia (Muscle Loss)

Resistance training plus protein, 20 to 35 grams per meal.

<https://my.clevelandclinic.org/health/diseases/23167-sarcopenia>

Endocrine Reviews — Muscle–Organ Crosstalk: The Emerging Roles of Myokines

Skeletal muscle as an endocrine organ. Open access.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7288608/>

Harvard Health — Beyond protein: 6 other nutrients that help prevent muscle loss

Magnesium, vitamin D, omega-3s and water, alongside protein.

<https://www.health.harvard.edu/diet-and-nutrition/beyond-protein-6-other-nutrients-that-help-prevent-muscle-loss>

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