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14 Rajab 1445 – 26 January 2024

# THE AILMENT OF SARCOPENIA AND THE CURE OF WALKING

Importance of WALKING - walk, walk and walk!

What is sarcopenia?

Men and women over 40 must read.

What is the biological phenomenon (sarcopenia) that appears in old age in humans?

Sarcopenia is actually the loss of muscle mass and skeletal strength as a result of aging.

It is a terrible situation.

1. To make a habit of standing... don't just sit! ...and if you can sit, don't lie down!

2. If an elderly person gets sick and is admitted to the hospital, do not ask him to rest more, or to lie down and rest and not get out of bed!

Lying down for at least a week brings a 5% reduction in muscle mass!

**Usually, many seniors who hire assistants lose their muscle sooner!**

3. Sarcopenia is more terrible than osteoporosis!

With osteoporosis, you just have to be careful not to fall, while sarcopenia not only affects quality of life, but also causes high blood sugar due to insufficient muscle mass!

4. The fastest loss of muscle atrophy is in the muscles of the legs!  
Because when a person is sitting or lying down, the legs don't move and the strength of the leg muscles is affected... This is especially important!

**You should watch out for sarcopenia!**

Going up and down the stairs...running and cycling are all great exercises and can increase muscle mass!

▪With increasing age and daily aging, our feet should always remain active and strong.

If you don't move your legs for just 2 weeks, the strength of your right leg will decrease for 10 years.

Therefore, exercise such as walking is very important.

Legs are a kind of column that supports all the weight of the body.

Interestingly, 50% of bones and 50% of muscles are in the legs.

The largest and strongest joints and bones are also located in human feet.

70% of human activity and energy burning in human life is done by bipeds.

The foot is the center of body movement.

Both legs together contain 50% of the nerves of the human body, 50% of the blood vessels and 50% of the blood that flows through them.

**Aging starts from the feet up**

Leg exercise is never too late even after seventy or eighty years of age.

▪Walk for at least 30 to 40 minutes a day to make sure that your legs get enough exercise and to make sure that your leg muscles stay healthy.

**Please share this important information with all your friends and family members over 40, because everyone gets older every day.**