

NEWS RELEASE



Waterford on West Century

For immediate release

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Waterford presents information about loss of muscle mass — and tips on how to prevent it

BISMARCK, N.D. — Waterford Health & Fitness Director Steve Metzger will discuss the ways a decline in muscle mass (sarcopenia) affects bones and overall health Tues., July 20 at 2 p.m. The presentation is open to the public and will be held in the lobby of Waterford on West Century, 1000 West Century Avenue in Bismarck.

There is no charge for the event, and refreshments will be served.

People start losing muscle in their twenties. Metzger will address how this common condition affects people's quality of life, who is at risk and, most importantly, what people can do to minimize or lessen the debilitating impact of the condition, including specific fitness recommendations.

“Older adults hear plenty about osteoporosis. Sarcopenia is probably more common and affects bones and overall health in many similar ways. Fortunately, sarcopenia usually is preventable and often reversible with strength training,” Metzger says.

Waterford on West Century offers a range of homes and lifestyles for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit WaterfordBismarck.com.

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