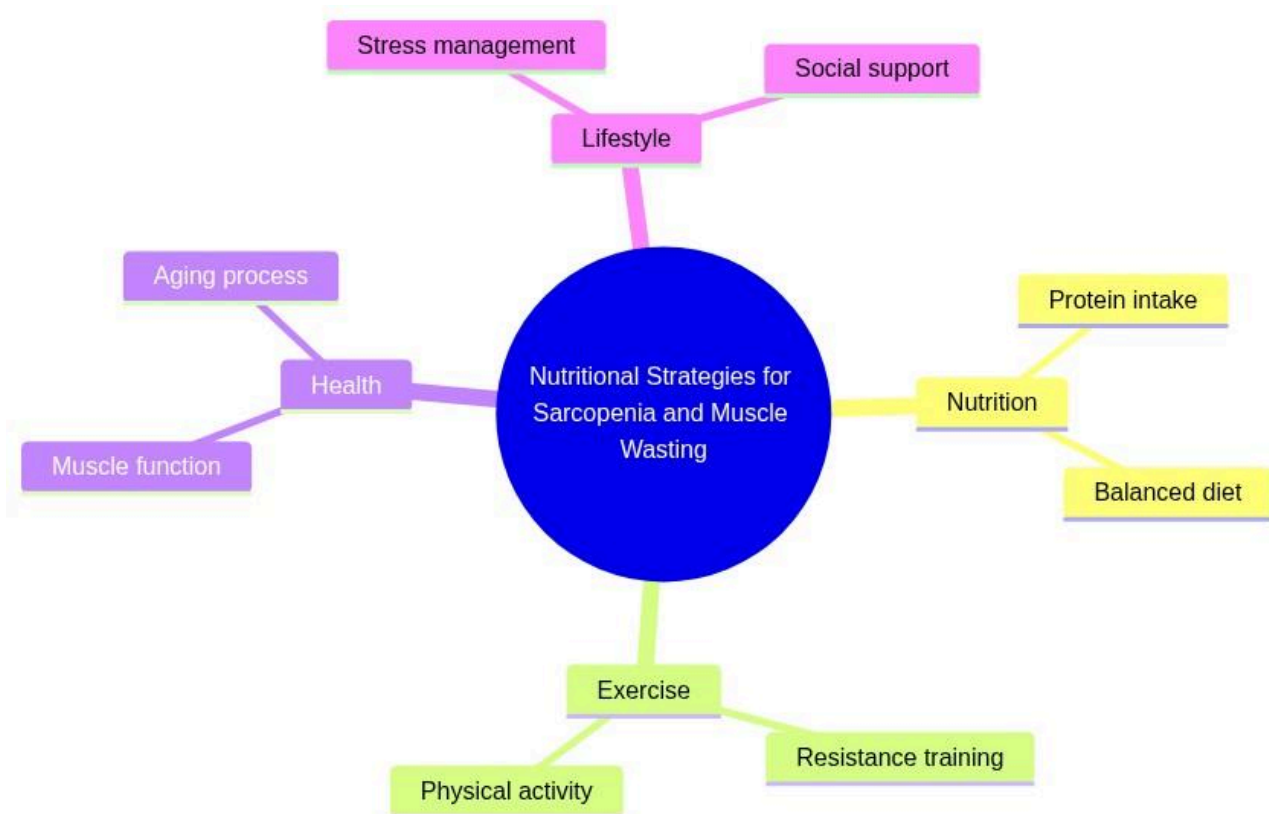


Graduate Certificate in Anti-Aging Nutrition (Serbia)

Nutritional Strategies for Sarcopenia and Muscle Wasting



mindmap

root((Nutritional Strategies for Sarcopenia and Muscle Wasting))

Nutrition

Protein intake

Balanced diet

Exercise

Resistance training

Physical activity

Health

Muscle function

Aging process
Lifestyle
Stress management
Social support