

WEIGHT GAIN WITH AGING



Is it inevitable 🤔?

Even though you might have seen lots of people who gained weight with age, it does not mean it is unavoidable.

On the contrary it might be reversed with a bit of effort.
Let's dig deeper.

As we age our energy consumption reduces. We need less calories for every day living.

Why is it so 🤔?

1. With age we move less ➡
2. With age we lose muscle mass ➡ if we do not do anything specific about it. And muscles are very expensive 💰 for our body in term of energy!

Therefore, the basal metabolic rate reduces.
Not by much though.

The calorie difference can be approximately calculated as 7 calories for female or 10 for males per day for each year above 19.

So let' me give you an example,
I am 39 yo and my mum is 69 yo.

$$\Rightarrow (39-19) * 7 = 140$$

$$\Rightarrow (69-19) * 7 = 350$$

Now I need to consume 140 less calories for my daily energy needs than I did when I was 19 yo.
For my mum it is 350 Cal less.

Whereas 140 calories are not as impressive, 350 Cal is already more noticeable, right?

Given that the average individual eats the same amount of food as before, he would gain some weight.

So our energy expenditure reduces. What does it mean in terms of nutrition?

First of all, note that elderly people still need to cover their nutritional needs, and for particular nutrients these needs are even higher!

For example, elderly people need more Calcium, vitamin C, some of B vitamins due to effect of aging.

! Important - They need to fit these nutritional needs into a smaller number of calories.

What does that mean 🤔?

They have to

- ◆ be more mindful about their food choices,
- ◆ eat nutritiously dense food and
- ◆ avoid empty calories!

Remember a '100 calories example' from the lecture? Milk vs. Cola?

Lots of things happen in our bodies as we age.

- Reduced stomach acidity (impaired vitamins absorption),
- Reduced bone density,
- Impaired skin ability to produce vitamin D,

- Reduced sense of thirst,
- Loss of muscle mass, just to name a few.

The good news is we have a super power, a miracle ability. It is adaptation! Let's use it 100!

What to do !

To prevent or even reverse muscle tissue and bone density loss, we need to exercise 👍! Strength training will initiate adaptation processes in our body preventing muscle loss and bone density reduction.

- ✅ Lift weights! Elderly people need it like no one else.
- ✅ Drink water!
- ✅ Be mindful about food choices and avoid empty calories!