



# Warning signs of sarcopenia



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Institute of Geriatrics  
and Active Ageing



**You may have sarcopenia  
if you are unable to do  
the following**



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# Carrying a sack of 5kg rice



# Walking across your room



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# Getting out of your chair or bed without help



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**Climbing up a  
flight of stairs**



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**Seek your doctor's  
advice if you have any  
health concerns**



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