

Optimizing Amino Acids and Protein for Musculoskeletal Health during Periods of **Rest or Disuse**

Prof Stuart Phillips, PhD, FACSM, FCAHS,

Professor & Tier 1 Canada Research Chair Director, Physical Activity Centre of Excellence (PACE), McMaster University,

ANABOLIC

RESISTANCE

WHEY

Ontario, Canada.

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ELDERLY = HIGHER RISK FOR MALNUTRITION

> HOW CAN WE HELP PREVENT MUSCLE LOSS CAUSED BY INACTIVITY

IN OLDER PEOPLE?



PERFECT STORM FOR MUSCLE LOSS

AGEING

MORSE FOR OLDER ADULTS WHO MIGHT ALSO BE MALNOURISHED

HOURS



AGGRESSIVE INTERVENTION

AGF-RELATED

ANABOLIC RESISTANCE

CAN BE OVERCOME

THAT REQUIRES

WHEY

= POWERFUL PROTEIN FOR MUSCLE PROTEIN SYNTHESIS, ESPECIALLY IN OLDER INDIVIDUALS

PROTEIN

SPECIFIC PROTEIN FORMULATIONS+ LOADING EXERCISES PROMOTE MUSCLE MASS MAINTENANCE

PROTEIN-BASED MEALS

CONTRACTION

HIGHER EAA PROTEIN BCAA

SUFFICIENT MOBILITY ENERGY

LEUCINE

OPTIMIZING NUTRIFION BEFORE & AFTER IMMOBILIZATION IS VITAL TO MAINTAIN MUSCLE MASS & PREVENT LONG-TERM DETERIORATION



Watch the

complete

WITH LARGER DOSES OF BCAA LEUCINE

