

# The Signs of Muscle Loss



**Low Energy**



**Slower Walking Speed**



**Decreased Strength**



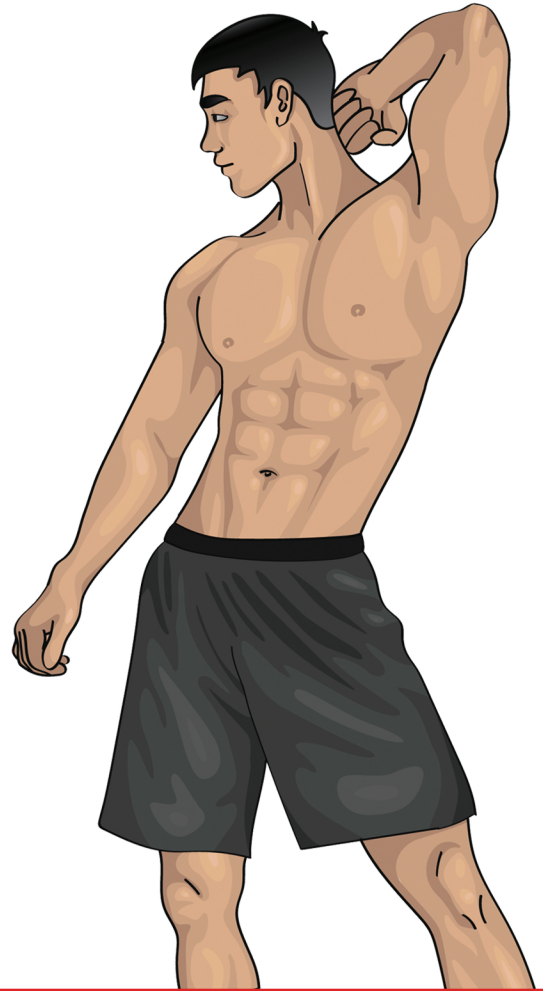
**Unintentional Weight loss**



**Fatigue**



**Weakness**



## Did You Know?

The firmness of your hand grip is a better indicator of health than blood pressure when assessing muscle strength, ability to recover from hospital stays, and quality of life.



**GastroDoxs**  
defenders of the digestive system