

— Insights on —

STRENGTH, ENERGY & VITALITY

— as you age —

Feeling more tired as you age? Do you have less strength? If so, it may be a sign of a common aging factor – age-related muscle loss. The loss of strength, energy and muscle is a leading contributor to aging effects and, over time, can have a significant impact on adults' everyday activities and health.

That's why Abbott sponsored the Healthy Aging survey¹ of Mexican adults ages 45 – 65 and healthcare professionals in Mexico to find out more about this important aging concern.

LOSING MUSCLE

ON AVERAGE, ADULTS LOSE **24%**

of their muscle between the ages of 40 and 70 which can make them feel weaker²⁻⁵. The loss accelerates to approximately 15% per decade beginning around age 70.

LOSING STRENGTH AND ENERGY

NEARLY 65% of adults surveyed feel they have less strength than they did 10 years ago.

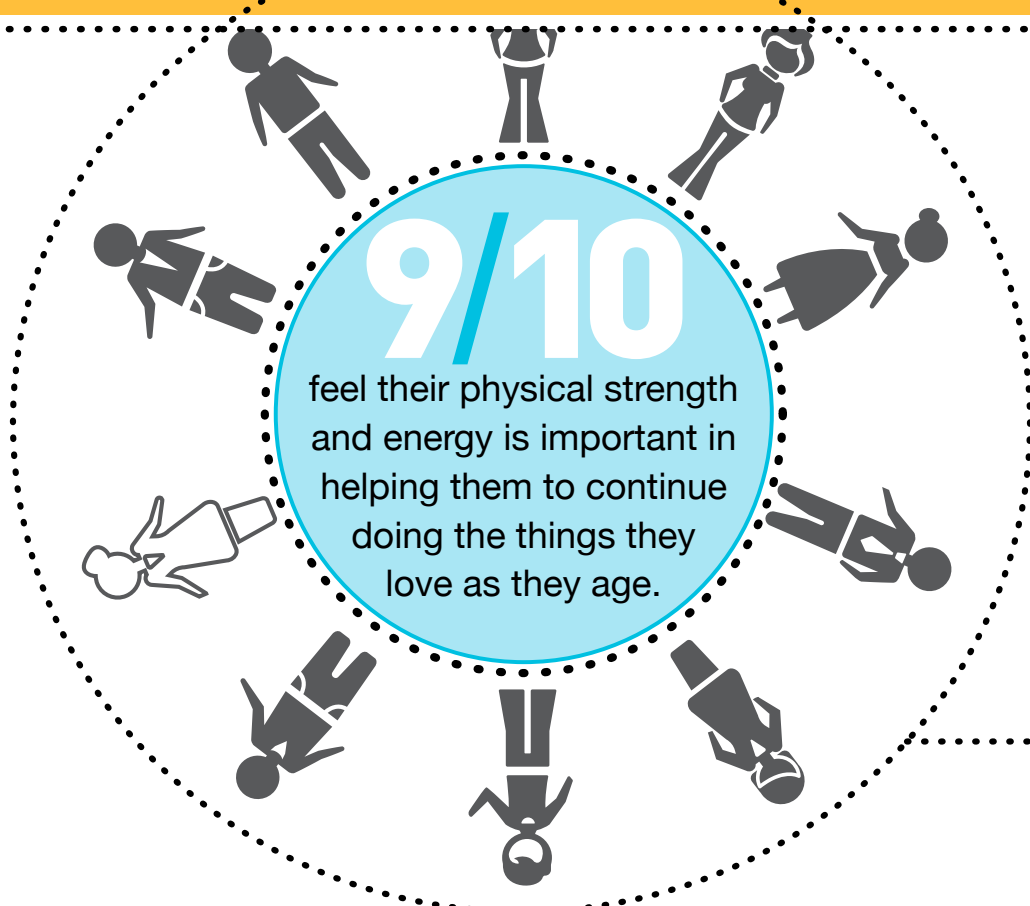
OVER 75% said they have less energy.

FEELING THE IMPACT

50% FEEL LONG-DISTANCE WALKING & **42% THINK** WALKING UP STAIRS

are more difficult to a moderate or large extent as they grow older.

STRENGTH & ENERGY ARE IMPORTANT



BUT THEY DON'T SEE THE CONNECTION

While many are feeling the effects of muscle loss, some do not attribute age-related muscle loss to a change in ability to participate in everyday activities.

49% believe it has little or no impact on ability to do aerobics, pilates, and yoga, and...

52% believe it has little or no impact on ability to dance.

ADULTS ARE WILLING TO TAKE STEPS

94% of Mexican adults surveyed are willing to take simple steps to address muscle loss.



LITTLE INFO ON PREVENTATIVE STEPS

APPROXIMATELY

ONLY 1/3

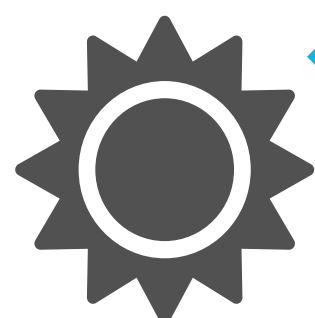
consider themselves knowledgeable of the preventative steps they can take to maintain their strength & energy as they age.



NUTRITION CAN HELP

More than 3 in 4 Mexican healthcare professionals feel nutrients, including protein and vitamin D, and HMB, an amino acid metabolite, are important to support muscle health.

PROTEIN



HMB*



VITAMIN D

* HMB is an amino acid metabolite that occurs naturally in muscle, found in small amounts in some foods (e.g., avocado, grapefruit, catfish), and supports muscle health.

1. This survey was conducted by Nielsen and interviewed 503 of Mexican adults ages 45 – 65 on their awareness and knowledge of age-related muscle loss. Additionally, a survey of 50 Mexican healthcare professionals was conducted. Abbott sponsored both surveys.

2. Grimby GB et al. Acta Physiol Scand. 1982;115:125.
3. Larsson L et al. J Appl Physiol. 1979;46:451.
4. Flakoll P et al. Nutrition. 2004;20:445-451.
5. Baier S et al. J Parenter Enteral Nutr. 2009;33:71-82.