

# RECLAIM YOUR STRENGTH AFTER 50



Over 50% of women aged 50+ have signs of a loss of muscle mass and strength (sarcopenia)

**But you don't have to be one of them.**



## What is sarcopenia?

Sarcopenia is the age-related loss of muscle mass and strength. It may sound like just another part of ageing – but it's not inevitable. It increases your risk of falls, fractures, and can even affect your independence and quality of life.

## Who is most at risk?

The sharpest decline in muscle mass happens after menopause.

But with the right nutrition, this trend can be slowed or even prevented.

## Why is sarcopenia a concern?

Sarcopenic individuals are 3 times more likely to fall during a follow up period of 2 years relative to non-sarcopenic individuals

This can lead to:

Injury  
Fractures  
Greater functional decline (i.e. walking, standing, getting up from chair)  
Physical activity restriction  
Social withdrawal

## Want to learn more?

Hi, I'm Hayley, a qualified nutritionist with a Level 5 Diploma in Advanced Nutrition Science



I understand firsthand how our bodies change as we age, especially when it comes to strength and energy. That's why I'm passionate about helping women 50+ make simple, sustainable dietary changes that can really make a difference. Together, we'll work on easy ways to support your muscles, boost your energy, and lower your risk of falls or injuries – so you can stay strong, active, and independent for years to come. I'd love to support you in reaching your health and wellness goals – and show you that it's never too late to start feeling your best.

If you'd like further information please feel free to contact me on:

[hayley@pivotnutrition.co.uk](mailto:hayley@pivotnutrition.co.uk)

## What You'll Get When You Work With Me

Dietary advice to help prevent muscle mass loss and maintain bone health

Easy tips to increase leucine, omega-3s and other muscle-supportive nutrients

Simple, sustainable strategies that fit your lifestyle