

# Skeletal muscle health in aging

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# Propositions

Belonging to the PhD thesis

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## Skeletal muscle health in aging

A focus on mitochondria,  
metabolism and physical performance

1. Aging is associated with a decline in mitochondrial capacity, skeletal muscle function, and metabolic health. (This Dissertation)
2. Increasing physical activity through high-intensity exercise training can slow down the effects of aging on muscle health. (This Dissertation)
3. NAD<sup>+</sup> levels strongly correlate with skeletal muscle health during aging and represent a promising target to promote healthy aging. (This Dissertation)
4. Balance recovery is not determined by muscle fiber type composition, muscle volume, and strength. (This Dissertation)
5. Chronological age alone does not define health and is in no way suitable as a selection criterion for allocating medical and care resources. (adapted from Ehni and Wahl, Journal of Aging & Social Policy, 2020)
6. The world's longest lived people do not pump iron, run marathons, or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. (Dan Buettner, Bleu zones, American Journal of Lifestyle Medicine 2016)
7. Science itself caused half the problems it was trying to solve. (Dan Brown, Angels & Demons)
8. A better understanding of how skeletal muscle metabolism and function change as we age is essential to develop new strategies to grow old in a healthy way. (Impact paragraph)
9. Do not grow old, no matter how long you live. Never cease to stand like curious children before the Great Mystery into which we were born. (Albert Einstein)
10. I don't run to add days to my life; I run to add life to my days. (Ronald Rook)
11. Chi va piano, va sano e va lontano  
(Italian idiom; "Those who go slowly go healthy and far").