

# Exercise and nutrition to support healthy aging

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Stellingen  
Behorend bij het proefschrift:

**Exercise and nutrition to support healthy aging**

1. Daily leucine supplementation does not augment muscle mass, strength or metabolic health. *(dit proefschrift)*
2. Prolonged resistance type exercise training forms the most effective intervention to increase muscle mass. *(dit proefschrift)*
3. Resistance type exercise training should be placed at the forefront of any intervention strategy aiming to prevent and/or reverse the age related loss of muscle mass and function. *(dit proefschrift)*
4. The debate on protein intake requirements is complicated by the inability to differentiate minimal protein requirements from optimal protein requirements. *(dit proefschrift)*
5. The benefits of exercise training extend well beyond the increase in muscle mass, strength and physical performance, as it has been shown to strongly improve wellbeing *(adapted from: Copare et al, Trials 2014)*
6. Combined with a proper and balanced diet, increasing physical activity level represents the most effective way to counteract the decline in functional capacity related to aging. *(Pahor et al, JAMA 2014)*
7. There are no non-responders to resistance type exercise training in the older population. *(adapted from: Churchward-Venne et al, JAMDA 2015)*
8. "Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." *(Mary Anne Radmacher; author, artist and professional speaker)*
9. "There's more to life than training, but training is what puts more in your life." *(Brooks Kubik; author of "Dinosaur Training")*
10. "Disease is inertia. Healing is movement. If you put the body in motion you will change. You are meant to move." *(Gabrielle Roth; dancer and author of "Maps to Ecstasy")*