

## The HHS Office on Women's Health: *Stronger than Sarcopenia* Campaign Social Media Posts

The *Stronger than Sarcopenia* campaign features a collection of social media messages designed to educate and engage audiences on the importance of muscle health as women age. These messages are ready to share and promote awareness, prevention, and action against muscle loss that can occur with aging.

Follow and tag [@HHSOWH](#) on Facebook, [@womenshealth](#) on X, and [@HHS Office on Women's Health](#) on LinkedIn. Be sure to use the campaign hashtag in your social media messages:

**#StrongerThanSarcopenia.**

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#Sarcopenia, the loss of muscle and strength that can occur with aging, can start as early as your 30s. The HHS Office on Women's Health's #StrongerThanSarcopenia campaign empowers women to take action and regain strength through healthy habits. Learn more: <https://womenshealth.gov/sarcopenia>

There's still more to learn about #sarcopenia, the loss of muscle & strength that can occur with aging, but we already know how to fight back. Strength training & protein-rich foods can help you stay strong. Learn more at <http://womenshealth.gov/sarcopenia>. #StrongerThanSarcopenia

👉 Did you know that women can lose 3-5% of muscle mass per decade after age 30? The #StrongerThanSarcopenia campaign from the HHS OWH empowers women to stay strong, active, & informed about muscle loss that can occur with aging. 💜 Start small. Stay Strong. Learn more. <https://womenshealth.gov/sarcopenia>

👉 Stay strong as you age! The #StrongerThanSarcopenia campaign from the HHS OWH provides tools, tips, and resources to help women address muscle loss that can occur with aging and stay active. Explore the resources to learn more. <https://womenshealth.gov/sarcopenia/about-sarcopenia>

Staying #StrongerThanSarcopenia isn't just about fitness—it's about feeling confident and capable as you age. The "Stronger than Sarcopenia" campaign from the HHS OWH offers free resources to help you stay active, strong, and independent. 🙌 Start today: <https://womenshealth.gov/sarcopenia/about-sarcopenia>

Regular exercise is one of the best ways to fight #sarcopenia, the loss of muscle & strength that can occur with aging. Strength training exercises, like lifting weights or using resistance bands, can help build & maintain muscle mass. Learn more from the HHS OWH's #StrongerThanSarcopenia campaign: <https://womenshealth.gov/sites/default/files/documents/2025/sarcopenia/Sarc-StrengthHome-20250220-508.pdf>

As women age, staying active & eating enough protein becomes even more important. #Sarcopenia, muscle & strength loss that can occur with aging, can impact strength & quality of life. But strength training at home can help manage it. 🙌 Learn how: <https://womenshealth.gov/sites/default/files/documents/2025/sarcopenia/Sarc-StrengthHome-20250220-508.pdf> #StrongerThanSarcopenia

Wondering what #sarcopenia is & how it affects you or someone you care about? This fact sheet from the HHS Office on Women's Health explains the condition & how to manage muscle & strength loss that can occur with aging. 📄 Download now:

[https://womenshealth.gov/sites/default/files/documents/2025/sarcopenia/WhatisSarcopenia-20241212-508\\_v1.pdf](https://womenshealth.gov/sites/default/files/documents/2025/sarcopenia/WhatisSarcopenia-20241212-508_v1.pdf) #StrongerThanSarcopenia

🔗 Health care providers: Are you prepared to recognize the early signs of #sarcopenia in your patients? Take the free CME course developed by the HHS Office on Women's Health & @MedscapeCME to learn how to identify & manage muscle loss that can occur with aging in clinical practice.

#StrongerThanSarcopenia [https://www.medscape.org/viewarticle/994180?ecd=par\\_owh-sarcopenia\\_distr\\_mscpedu](https://www.medscape.org/viewarticle/994180?ecd=par_owh-sarcopenia_distr_mscpedu)

🔗 Health care providers: Looking to enhance your skills in #sarcopenia screening? Take the free CME course developed by the HHS Office on Women's Health & @MedscapeCME to learn how to employ strategies to identify patients at risk for sarcopenia. #StrongerThanSarcopenia

[https://www.medscape.org/viewarticle/1002633?ecd=par\\_owh\\_distr\\_mscpedu](https://www.medscape.org/viewarticle/1002633?ecd=par_owh_distr_mscpedu)