

Exercise, Muscle Mass, and Anti-inflammatory Drugs

Key Points

- Resistance and aerobic exercise promote muscle mass and functional increases in the elderly
- NSAIDs have a profound impact on acute responses and chronic adaptations to exercise
- Muscle wasting with long-term inactivity (i.e., bed rest) is sex, muscle, and muscle fiber type specific
- Nutrition, in the form of extra protein and leucine, alone is ineffective at preserving muscle mass with long-term inactivity
- A small amount of appropriately prescribed exercise goes a long way for inactive/unloaded muscle