Abstract
Sarcopenia is known as a progressive muscle wasting produced as years accumulate and characterized by a progressive loss of muscle mass and strength, increase of muscle fat and progressive decline of functional capacity. This process produces important and severe effects on quality of life in elderly people since sarcopenia is the most frequent cause of discapacity, dependency and increase or morbi-mortality. In the present review we analyze the different etiological factors and the prevention and treatment strategies against sarcopenia. One of the main strategies is the strength training that, added to an adequate nutrition, plays a primordial role in prevention and progression of sarcopenia.

Keywords
Sarcopenia, Physical exercise, Prevention, Diet therapy, Exercise therapy.