



## About The Canadian Sarcopenia Foundation

The Canadian Sarcopenia Foundation (CSF) is Canada's first not-for-profit charity dedicated to preventing and reversing the course of metabolic disease and sarcopenia -- the progressive loss of muscle mass and physical function which occurs with aging, affecting adults beginning at the age of 30.

The foundation partners with qualified fitness facilities to offer subsidized services to diagnose and rehabilitate degenerative disorders in seniors through exercise services focusing on groups such as the elderly or those who are experiencing muscular and functional losses. CSF aims to raise awareness about sarcopenia through education, research and treatment.

The CSF will work to prevent, diagnose and reverse the onset of metabolic disease - characterized by the presence of obesity, high blood pressure, increased fasting glucose, etc. Living with metabolic disease is a significant risk factor for the onset of diabetes and a host of other preventable chronic degenerative disorders.

Within Canada's health care landscape, the CSF will function as a direct intermediary between family physicians and qualified clinical facilities to bring the best preventative care to patients across the country.

The CSF believes in prescribing exercise to reverse the effects of sarcopenia to improve living conditions for a stronger Canada.

### CSF aims to:

#### *Educate*

- Leverage the latest research on lean body mass and chronic metabolic disease to educate and raise awareness of sarcopenia to help prevent future cases, especially among Canadians under the age of 30.

#### *Prevent*

- Prevent and reverse early onset sarcopenia as well as prevent and improve the symptoms of chronic metabolic disease with the early detection interventions. With the help of clinics partnerships, patients will be referred to high-intensity facilities equipped to reverse degenerative disorders.

#### *Fund*

- Fund the treatment of at-risk individuals by working with family doctors to connect patients with professionals and facilities, which apply the principles of clinical high-intensity exercise. The organization aims to fund the expansion of these facilities and place a functional medicine physician in every partner site.
- Fund research examining sarcopenia and the link between lean body mass and chronic metabolic disease, including without limitation the association between (i) sarcopenia and (ii) dietary protein consumption and high intensity exercise.

## CSF Partnerships

The CSF has partnered with Canada's leading researchers and experts to help prevent, treat, and reverse the effects of sarcopenia and chronic metabolic disease.

### *McMaster University*

The Foundation works with [Professor Stuart Phillips](#), a Tier 1 Canada Research Chair in Skeletal Muscle Health, to bring his research on the impact of nutrition and exercise on human skeletal muscle protein turnover to the forefront of Canadian health care. In order to better serve CSF patients, Dr. Phillips also provides leading research in the area of diet- and exercise-induced changes in body composition to the CSF.

Dr. Phillips is a full Professor in Kinesiology, an associate member of the School of Medicine at McMaster University, and is a fellow of the American College of Sports Medicine (ACSM) and the American College of Nutrition (ACN). He currently has more than 18000 career citations, and 200 original scientific research and review papers.

### *High Intensity Training Educators*

The CSF is partnered with [HITuni](#) a modular e-learning courses to educate fitness professionals in the area of High Intensity Training and enable them to train individuals in the safest manner. HITuni is a core requirement for fitness facilities wishing to partner with the CSF. HITuni's mandate is to make exercise safe, efficient, effective and available to people of all ages by providing complete and thorough education. The courses focus on the benefits of High Intensity Training to the body and include both the theory and practical application of exercise, anatomy, physiology and biomechanics, as well as nutrition, stress management and psychology.

### *Doctors*

The foundation is partnered with [Dr. Phil Derkson](#), a board-certified family physician with a family practice in Toronto at East Liberty Medical Centre to 'prescribe' preventative health care by matching patients with CSF partner fitness facilities to treat or reverse sarcopenia.

## CSF Partner Fitness Facilities

The foundation is currently partnered with high intensity gym facilities including:

[MedX Precision Fitness](#), located in Toronto, Ontario where treatment is provided through a 20-minute workout system to reverse muscle loss and prevent further age-associated strength injuries and chronic illnesses. MedX Precision Fitness has been providing one-on-one resistance training sessions to adults, seniors, and professionals, since 2009. The Toronto-based fitness facility is located at 80 Richmond Street West, Suite 100.

[STG Strength and Power](#) in Brant County, Ontario, a premiere private athletic club in Brant County offering real professional training and expert advice, in a controlled gym setting. The basis of their training programs is full-body High Intensity Training, which ensures maximum stimulation of all major musculatures of the body in a minimum amount of time. All their equipment is bio-mechanically correct and satisfy all requirements for full-range re-habilitation and prehabilitation exercise.

[Nautilus Body Clinic](#), an Ottawa-based personal training, weight loss, and physical therapeutics clinic, specializes in private one-on-one services. Nautilus provides their clients with 30-60 minutes of personal training on their full line of hand picked resistance training machines as well as various types of free weights, and bands.

To learn more about high intensity training to treat sarcopenia, media interviews and facility tours available with: Blair Wilson, co-founder, trainer, and president of MedX Precision Fitness.

The CSF will be partnering with additional facilities in Ontario over the next few months, with plans to expand partnerships across Canada beginning in 2017.