

Table 2. *Sarcopenia and Obesity Assessment Tools*

Sarcopenia Assessment	Obesity Assessment
Muscle Mass	<ul style="list-style-type: none">• Body Mass Index (BMI)
<ul style="list-style-type: none">• Appendicular Skeletal Mass (ASM)/ Weight (W)	<ul style="list-style-type: none">• Fat Mass (FM)
<ul style="list-style-type: none">• ASM/ Height² (H)	<ul style="list-style-type: none">• Waist Circumference (WS)
<ul style="list-style-type: none">• Fat Free Mass Index (FFMI)	<ul style="list-style-type: none">• Visceral Fat Area (VFA)
<ul style="list-style-type: none">• Muscle mass (MM)	
<ul style="list-style-type: none">• Total Muscle Mass (TMM)	
<ul style="list-style-type: none">• Calf cross sectional area	
<ul style="list-style-type: none">• Thigh muscle cross sectional area	
<ul style="list-style-type: none">• Appendicular Lean Mass (ALM)	
<ul style="list-style-type: none">• ALM/BMI ratio	
Muscle strength and performance	
<ul style="list-style-type: none">• Gait speed (GS)	
<ul style="list-style-type: none">• Hand grip strength (HGS)	