The symposium focused on the definition, diagnosis, and variables of sarcopenia, an age-related decline in skeletal muscle mass and strength that poses a growing concern in aging societies. Professor Rei Otsuka presented key sarcopenia-related findings from the National Institute for Longevity Sciences—Longitudinal Study of Aging (NILS-LSA), including frequency and age-related changes in grip strength and skeletal muscle index. Prof. Chang Won Won discussed the Asian Working Group for Sarcopenia 2019 (AWGS2019) consensus paper on diagnosis and management, including the algorithm proposed by AWGS 2019 and the measurements required for diagnosis. Professor Wee Shiong Lim highlighted the importance of accurate measurement in sarcopenia diagnosis and the need for standardization in protocols and diagnostic cutoffs. Professor Li-Ning Peng discussed the roles of myokines in sarcopenia diagnosis and skeletal muscle aging. Prof. Prasert Assantachai also shared his experience from Thailand. The symposium emphasized the importance of early detection and prevention of sarcopenia in aging societies and the need for standardization in diagnostic protocols and measurements.