

## Study Show That a Regular Exercise Program Can Help Delay Aging

A recent study showing that maintaining aerobic fitness through middle age could delay biological aging by 12 years underscores that it's "all about movement." The study, published in the *British Journal of Sports Medicine* ( March 11, 2008), shows aerobic exercise improves the body's oxygen consumption and its ability to generate energy, which, in turn, leads to the slowing and possible reversal of the inevitable decline of our body's function.

"If we, as a population, walked briskly 30 minutes a day, healthcare as we know it would change drastically in the United States," said physical therapist Steven Tepper, PT, PhD, a professor of physical therapy at, among others, the University of Maryland and the University of Delaware.

"This study is particularly relevant because it show a direct correlation between regular exercise and longer life expectancy," said Dr. Tepper, who has long studied the effects of 30 minutes of daily brisk walking or equivalent activity. He says that many benefits of daily exercise include the reduced risk of several life-threatening diseases, including:

- Cardiovascular disease and atherosclerosis ( thickening and hardening of the arteries due to fibrous fatty plaque build-up)
- Type 2 diabetes, even in persons at high risk
- Stroke
- Breast Cancer
- Lower resting blood pressure
- Pancreatic Cancer
- Osteoporosis
- Depression among elderly adults