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High-Intensity Aerobics Can Reverse Aging Process



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By Sylvia Booth Hubbard | Monday, 13 Mar 2017 12:03 PM

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High-intensity aerobic exercise — or cardio — includes running.

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Mayo researchers compared high-intensity interval training (HIIT), resistance training and combined training in a 12-week study. They monitored molecular and metabolic changes in adults divided into age groups of between 18 and 30 and between 65 and 80.

All types of training improved lean body mass and insulin sensitivity, but only high-intensity and combined training improved aerobic capacity and mitochondrial function in skeletal muscle.

Mitochondria are tiny energy-producing structures inside cells. They change with age and activity, and tend to decrease, both in content and function, as we grow older. One result is we have less energy.

In the study, high-intensity interval training also improved muscle protein content that not only allowed cells to create more energy, but to also cause muscles to get bigger, especially in older adults.

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The ability of the mitochondria to generate energy was increased by 69 percent among the seniors and by 49 percent in the younger group.

"We encourage everyone to exercise regularly, but the take-home message for aging adults that supervised high-intensity training is probably best, because, both metabolically and at the molecular level, it confers the most benefits," says Dr. K. Sreekumaran Nair, a Mayo Clinic endocrinologist and senior researcher on the study.

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Study results are published in *Cell Metabolism*.

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Another intense exercise that combines both strength training and aerobics is LOADED CARRIES. In this modality of exercise you carry a weight appropriate for you capacity and health status and you walk with it outdoors. SLOWLY and GRADUALLY you may increase the amount of weight you carry. This increases strength and aerobic capacity and it even increases testosterone in men. There's several variations you may explore and many articles and videos of them are available in the Internet. Put your health and safety first, rest appropriately, and avoid competitive partners. This is the very best all-in-one exercise I've ever seen or experienced!!

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ron6788 • 3 days ago

Let it be known that HIIT does not mean you have to sprint up hills or even sprint at all. A fast-paced run, where you're breathing hard and sweating continuously, is sufficient. And, if running's not your thing, you can apply this same criteria to any aerobics exercise. Remember: it has to be continuous for 30 mins and it has to be hard.

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