

# The 30 Pound Club

Join at [drchet.com](http://drchet.com)

March 3, 2011 – Grand Rapids, MI

## Get Younger

In Michigan and elsewhere, spring is just about here. I know that many of you are going to emerge from hibernation and start to move outdoors to exercise—or maybe I'm just talking about me. For some reason, I just couldn't get myself outside to run as much as I need to because it was just too cold. That probably cost me a couple of weeks of my life. Why? Regular intense exercise can prevent aging—at least in mice. Let me explain.

Researchers from McMaster University in Canada examined the effect of exercise on a group of special mice. These mice have a genetic defect in their mitochondrial DNA that causes them to age prematurely. Mitochondria produce the bulk of the energy in our bodies; they're so special that they have their own DNA. As we age, the DNA repair process starts to decline—not enough mitochondria, not enough energy, and we start to age. So these mice age very quickly and are usually dead within one year.

Half the mice were kept sedentary while half the mice were forced to exercise at a pretty good clip for 45 minutes three days a week; the pace would be similar to a human running a 10K in 50 to 55 minutes. The half that didn't exercise followed the typical genetic pattern, and the mice were dead within a year. None of the mice that exercised died. I repeat: none. The chronic exercise kept them young. They had all their hair, they maintained muscle mass, they were leaner, and even their reproductive organs were still functioning. Researchers found that the exercise stimulated the mices' mitochondrial DNA to repair itself by a different mechanism.

Maybe you don't care about mitochondria—probably not mice either. But the message for humans is clear. If you exercise regularly, you can probably prevent some of the effects of aging. You can't get back hair you've lost, but you can rebuild muscle, lose weight, and have the internal workings of your body performing more like they did when you were younger. Maybe not 21, but maybe 40; at close to 60, I'd take that in a heartbeat.

And that's what it would take: increasing heart rate. We to have to invest some time on exercise but not just any exercise; it has to be intense exercise to be effective. Building an aerobic base is important, and you have to check with your physician before you start, but working your way up to 45 minutes three days a week is the way to stop the ravages of time—and maybe turn them back a little. Let's be honest—being healthy is great, but looking great is important as well.

One and Done.

What are you prepared to do today?

**Dr. Chet**



## WGUV Straight Talk on Health

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* at 7 p.m. Sunday in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org](http://www.wgvu.org) and clicking on "Listen Live" in the gray bar at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your

healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**