



### HEALTHY AGING

## Exercise is Key to Living Longer

Want to live longer? Get moving.

We all know that exercise can help you get fit, reduce weight, improve balance and lower your risk for many diseases, such as heart disease. But numerous studies have shown that exercise can actually help you live longer.

This seems logical. After all, if exercise reduces your chance of getting heart disease or cancer, then you've reduced your risk of dying from these diseases. But the longevity benefit is not just a result of reducing your risk of chronic disease. There's actual cellular changes associated with regular exercise that keep you younger. Researchers at Brigham Young University who studied the DNA of nearly 6,000 adults found that the telomeres, the end caps on chromosomes that shorten with age, were longer in people who were active compared to those who were sedentary. This correlated to about a 9-year difference in cell aging between those who were active versus those who were inactive. Another study compared the heart, lungs, and muscles of active 70-year-olds, inactive 70-year-olds and active 40-year-olds. They found that the active older men and women had comparable heart, lung capacity, and muscle strength to those who were 30 years younger.

Exercise results in other physiological changes that can help slow the aging process. It is anti-inflammatory. Inflammation of muscle and other tissues in the body are associated with aging. Exercise can lessen this effect, boost mood, improve sleep, improve cognitive function and reduce memory loss, improve immune system, and improved digestive function.

Even if you have been sedentary for many years, it's not too late to reap the benefits of exercise. Studies have found that people who are overweight or who have been inactive for years can increase their life expectancy by adding moderate physical activity to their routine.

You don't have to become an elite athlete to improve your longevity. Regular, moderate activities, such as brisk walking, have been associated with increasing life expectancy by several years. For example, 150 minutes of exercise or more each week increased life expectancy by about 7 years over those who didn't do regular moderate exercise. This benefit was seen regardless of weight, age, sex and health conditions.

If you haven't been active or are thinking of increasing your activity, be sure to talk with your doctor. Based on your current health, your doctor may have recommendations for type of activity and how much to get you started.

<https://www.allinahealth.org/healthyssetgo/move/exercise-is-key-to-living-longer>



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See calendar on other side to see what is going on this week

## 30 Minutes to an Improved You

With just 30 minutes of exercise, five days a week an improved you is possible in many ways.

### 30 minutes to happier:

- 60% more likely to rate yourself above average on attractiveness
- Improves mood for up to 12 hours afterward
- Reduces stress
- Boosts self-esteem
- Significantly improves mild to moderate depression

### 30 minutes to better sleep:

Exercise is a non-pharmaceutical alternative to improve overall sleep quality.

- 45% less likely to have trouble concentrating
- 65% less likely to feel sleepy during the day
- 68% less likely to have leg cramps while sleeping

### 30 minutes to a longer life and younger skin:

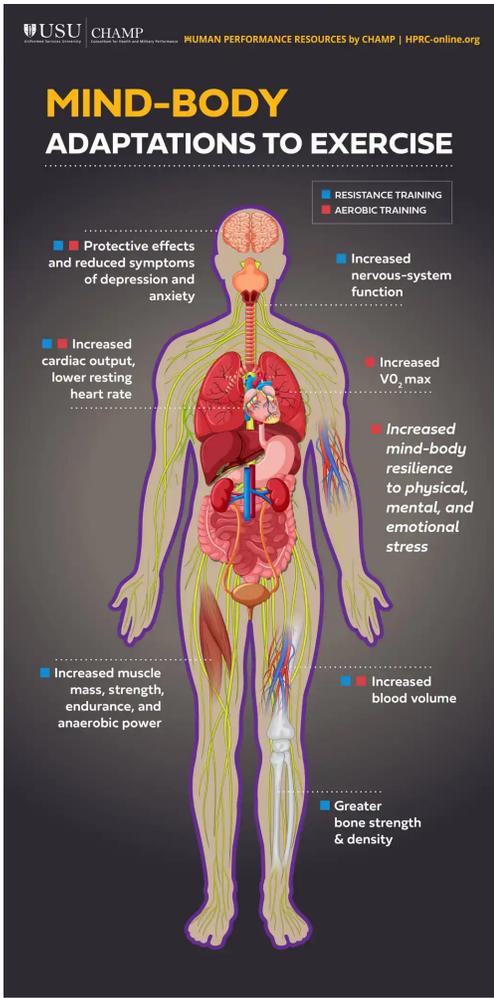
- You can put yourself at lower risk of dying early
- Improves skin thickness
- Reverse skin aging, even in people who start exercising later in life

### 30 minutes to more brainpower:

- Exercise leads to the creation of new brain cells (neurogenesis) and slows the brain's physical decay.

<https://www.allinahealth.org/healthyssetgo/move/30-minutes-to-an-improved-you>

## A Personal Message From Your Health Promotion Team



When you exercise regularly and meet the physical activity guidelines of 150 minutes per week, your body will undergo several adaptations in your bones, muscles, heart, lungs, and nervous system. The changes you'll see will vary based on the type of training you do—resistance, aerobic, or both.



Airmen compete in the Defender's Challenge at Dover Air Force Base

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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### Community Events

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:

Phone:

Email:

Monday	Tuesday	Wednesday	Thursday	Friday