

# CV exercise betters cardiac aging in sedentary middle-aged adults

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(HealthDay)—Two years of high-intensity exercise training (ExT) is

associated with improved maximal oxygen uptake and reduced cardiac stiffness in previously sedentary healthy middle-aged adults, according to a study published online Jan. 8 in *Circulation*.

Erin J. Howden, Ph.D., from the Texas Health Presbyterian Hospital in Dallas, and colleagues randomized 61 healthy, sedentary, middle-aged participants to two years of ExT or attention control (control); 53 participants completed the study. Left ventricular (LV) end-diastolic pressure-volume relationships (EDPVR) and Frank-Starling curves were defined using right heart catheterization and three-dimensional echocardiography. Changes in fitness were quantified using maximal oxygen uptake.

The researchers found that there was  $88 \pm 11$  percent adherence to prescribed exercise sessions. Maximal [oxygen](#) uptake increased by 18 percent (ExT:  $34.4 \pm 6.4$ ; [control](#):  $28.7 \pm 5.4$ ; P

"In previously sedentary healthy middle-age adults, two-years of [exercise](#) training improved [maximal oxygen uptake](#) and decreased cardiac stiffness," the authors write.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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