

## Video: Aging and the benefits of exercising

January 24 2024, by Sonya Goins

---



Credit: Unsplash/CC0 Public Domain

Exercising as you age can be challenging. Sometimes it can feel like your body is breaking down. One possible reason for this could be senescent cells, which build up in your body as you get older and contribute to age-related disorders.

A recent [study](#) by Mayo Clinic published in *The Journals of Gerontology: Series A* shows that exercise and other [physical activities](#) can reduce the number of [senescent cells](#).

Dr. Nathan LeBrasseur, director of the Robert and Arlene Kogod Center on Aging at Mayo Clinic, says people must prioritize physical activity, especially as they age.

## **Aging and exercising**

There is no magic pill to reverse the aging process. But if you want to counter the biological mechanisms that drive age-related conditions, like the accumulation of senescent cells, you will need to exercise.

"Just being more active throughout your day appears to be sufficient to reduce kind of the burden of senescence cells in an individual," says Dr. LeBrasseur.

Many people tend to lead sedentary lifestyles when they age. But Dr. LeBrasseur says [older adults](#) should find ways to become more active throughout the day.

"Dedicating time, purposeful time, to getting some form of aerobic exercise or endurance exercise, like walking or cycling or swimming, and also getting some form of strength training is critically important," says Dr. LeBrasseur.

He says just adding 30 minutes of activity daily can be beneficial.

"(It) may have benefits for [muscle strength](#) or [bone health](#), or maybe even cognitive health and function," explains Dr. LeBrasseur.

## **Exercising can be beneficial**

- Controls weight.
- Boosts energy.
- Enhances cognitive function.
- Promotes better sleep.

**More information:** Roger A Fielding et al, Biomarkers of Cellular Senescence Predict the Onset of Mobility Disability and Are Reduced by Physical Activity in Older Adults, *The Journals of Gerontology: Series A* (2023). [DOI: 10.1093/gerona/glad257](https://doi.org/10.1093/gerona/glad257)

Provided by Mayo Clinic

Citation: Video: Aging and the benefits of exercising (2024, January 24) retrieved 27 April 2024 from <https://medicalxpress.com/news/2024-01-video-aging-benefits.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.