

Special Anti-Aging Report

New Exercise Strategies Allow Us To Live Longer Than What Used To Be Only Dreamed About

If Age Is Sneaking
Up On You –
Here is Your Natural
Escape Plan

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Introduction

We seem to assume that it is the quantity of life that matters, the number of years not the **quality** that we have within those years. But what if you could have **both...** a better quality of life **and** more years or even decades at your disposal? What if you could live **longer?**

Well, believe it or not, when it comes to life and living, quality and quantity go hand in hand. They work together and draw strength from each other.

This special report will get you up to date on the basics of the aging process, and what you can do about slowing that process. For a much more detailed analysis of how you can stave off the effects of aging by incorporating leg workouts into your exercise routines in a way that helps to increase overall body muscle and burn off excess fat levels even when you are resting, be sure to visit my Hot Legs Workout site by clicking on the following link:

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Getting Older

Contrary to what most of us believe, getting older and 'aging' are two completely separate processes. When you think about it age is just a number after all. We have all seen people who look 22 but are really 35. And visa versa. It is helpful to realize that we are all here to experience and enjoy every age, starting from birth and going to age 10, 20, 40, 80 or more.

When we are in our 20s we are supposed to experience and learn very different lessons than when we are in our 30s. Our 40s provide yet another set of new experiences and lessons. And so do our 50s, 60s and so on. Each age group is unique and brings with it unique experiences, enjoyments, and learning's. It would be foolish to waste any of those years on regrets about the earlier years or on worries of the coming years. We need to enjoy every age during that particular year. Because we only get one shot at this life thing... there is no second run.

The Aging Process

The rate at which your body ages has very little to do with how old you are. Most of us see the aging process as something that's unavoidable and inevitable. We accept it as a "natural" part of getting older. We believe its "normal" to start developing certain conditions as we get older: loss of strength, memory and recall problems, poor eyesight, hearing problems, wrinkled and sagging skin, brittle and weaker bones, and so on.

The reality is that almost all of these problems have nothing to do with our getting old, and can be delayed, prevented, and often times even **reversed**. For most people, these problems start developing **inside their bodies** very early on, due to neglect and lack of knowledge about how

the human body works.

Think about it... almost everything you buy comes with a user manual. Yet, no one gives us a manual for our bodies and how we should take care of them. It is no surprise that even our parents, friends, peers, and yes, even many of our physicians don't know much about slowing down the aging process.

Many medical doctors are trained only to diagnose an illness or condition treat that condition with medicine or prescription drugs. And they are very good at it. Just remember that by the time the body experiences symptoms of a disease or illness there could be multiple problems simmering under surface as sometimes it can take years or even decades for a disease or to develop. By then it may also be too late.

So what is causing our bodies to age, and how do we slow this down?

Why We Age

The major cause of aging is **lack of use**. The phrase "use it or lose it" really rings true when your body is concerned. As we get older, we tend to cut back on physical activity. Your body was designed for movement and when we do not do enough vigorous activity the processes of our body start to slow down, cease up or even stop.

Many people believe that exercise and physical activity should only be done to lose weight. Not true. Regular proper exercise, just like nutrition, is an essential requirement to fight the aging process.

Preventing Muscle Loss

The condition known as sarcopenia derived from the Greek words for "vanishing flesh" is the gradual wasting away of lean muscle tissue of one's body. Twenty years ago this condition did not even have a name, but now is well on the way to becoming a household word like osteoporosis.

Responsible for robbing both women and men of their strength, health, mobility and independence in their senior years, sarcopenia is a significant health problem and is one of the most serious long term threats to being able to remain healthy as adult's age.

Usually seen in physically inactive people, sarcopenia exerts its debilitating effects in a slow, stealth-like fashion over a period of decades. This loss of muscle begins at around the age of 30 at the rate of 10 percent per decade increasing to 15 percent per decade in the sixties and seventies and about 30 percent per decade thereafter.

At the same time muscle begins vanishing from our bodies; fat begins accumulating which can mask the loss of lean muscle tissue. Even if the weight on the bathroom scales remains the same over a period of time it does not mean that lean muscle tissue is not slowly wasting away.

The gradual loss of muscle weakens the body. It weakens the immune system, cardiovascular system, nerve cells, hormones, muscles, bones and all other systems and organs of the body.

Without the challenge of weight-bearing exercise, your body has no impetus to renew itself, and your tissues grow old, frail, and prone to injury and disease. This insidious and crippling process not only robs people of their functional health and mobility but further pushes them

into an unhealthy and inactive lifestyle.

This vicious cycle continues with increased risk of other diseases associated with a sedentary lifestyle such as cancer, diabetes and heart disease placing an ever-greater strain on the already stretched to the limit health care systems around the world.

Number one age defying exercise program

Getting older is natural and inevitable and there is really nothing wrong with it, as we add years to our lives we increase in knowledge, learn from our mistakes (hopefully) and acquire wisdom. The common mistake that many of us make in thinking that getting older and aging is the same thing, but there is a big difference between the two.

Scientific studies are now showing us that aging can be prevented. It is a choice, and there are changes in your lifestyle that you can implement that will slow, stop and even reverse the aging process. If we implement these changes, we will stay strong, energized and youthful as we get older.

Aging is the degeneration of all body cells, tissues and organs that ultimately ends in dysfunction, frailty and decrepitude. It doesn't just affect you on the surface, yes, the skin wrinkles on the outside, but if aging is left to continue unabated, muscles and bones shrink and weaken and the metabolism slows (the body's engine).

The end result is reduced immunity exposing one to disease and ill-health, weakness and frailty. With this comes a dramatic deterioration in the long term quality of life leading to a loss of independence and dependency on others.

The main bio markers of age are lean muscle mass, muscle strength, and

metabolic rate (the speed and efficiency of your engine). Although these markers decline with age, inactivity has the greatest bearing on them and the easy solution is to put back proper physical activity into ones life.

Unless your lifestyle includes hard manual labor any physical activity you perform will need to address the effective realignment of the metabolism for general health improvement, maximum longevity and youthfulness.

Now we know it is possible to improve almost every aspect of the body, muscle and bone strength, organ function, disease resistance, brain capacity, body fat percentage, healing time and regain a youthful appearance by changing body chemistry and increasing metabolism through the right exercise program.

It is much better to deal with the underlying causes of aging rather than trying to deal with each symptom by taking some type of medicine or drug which does not lead to wellness and longevity.

Men and women of any age can prevent the premature wasting of functional lean muscle and even gain it back. There is now no reason to remain trapped in a body made up of more fat and less muscle. We can have greater quality of life, less weakness, more strength and energy and maintain an independent state for a much longer period of time.

More active life expectancy

People are now living longer. This is a gift of 20th-century science, medicine and technology with the discoveries of many treatments for life threatening diseases all contributing to us staying alive longer. Science is continuing to deliver deep insights into aging, which challenge the outdated and obsolete ideas with which most of us grew up.

A key element of the traditional view of aging has been the belief that the

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processes leading to weakness, frailty, disease, disability and death were somehow programmed into us as a fixed feature of our biological make-up. Old age has been seen as a time of loss, of strength, of health, of hair, of teeth, of vigour, of brain power and of joy.

We have previously accepted all of these negative aspects of aging with shrug or a sigh after all we have been programmed by society to "take it easy" and "slow down" ready for the rocking chair.

Now things are changing, we are discovering that with this great gift of living longer we have also the opportunity to live these years in good health. Health is not just the absence of disease or illness; it is living with maximal functional capacity in all of our body and mind systems. We can now make sure our 'health span' equals our 'life span'.

Taking an active role in our own health is a much better option than sitting around waiting for some pill to prevent this or that or save your life. We can do a lot ourselves to improve our chances of healthier aging. After all aging is the result of a build up of damage to our bodies' cells. It takes a long time for that damage to get to a level where it may harm us in the form of disease and can prove our undoing.

To delay or avoid disease we now know that vigorous physical activity really does make a difference – not only for how long we live but for how long we live a healthy life. We need to make sure we make the right choices in our exercise habits over the course of our life to build up our health. This course of action will increase what is known as "active life expectancy" – the time of advancing years free from disability as well as promoting longevity. With each advancing year it becomes progressively more important to exercise on a very regular basis.

But not any old exercise will do, misleading information about what type of exercise is correct is everywhere from magazines, media and the internet. People that have never had any formal exercise training or

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experience are suddenly spouting about how just a little bit of exercise like a 30 minute walk is all you need to do to stay healthy.

The sad part of this is that they are believed with people thinking that gardening or walking is enough; therefore they are losing the opportunity to enjoy the many benefits a proper exercise program will provide. To be effective in managing health the exercise program must contain a minimum of 60 percent of strength training exercise. This will maintain and increase muscle tissue and bone density and reduce and manage any excess body fat which reduces the risk of heart disease and diabetes.

Research in the anti aging field is finding ways to prevent and treat age related muscle loss and concludes that strength training exercise has a remarkable effect on recovering lost strength. Strength training can recover as many as two decades of strength loss in as little as two months on a proper exercise program.

The negative attitude towards strength training by older adults has changed over time as they are learning how they can benefit from this very old proven form of exercise.

The value of strength training as one of the best preventative medicines available is now accepted and endorsed by members of the medical and general health care community.

Strength training is exercise that uses resistance – to strengthen and condition the muscular system. This can be achieved with resistance machines or free weights. The amount of resistance a muscle has to work against determines how strong it gets.

Strength training is not running on a treadmill, riding a stationary bike, or using an elliptical machine. Although those types of aerobic machines use "resistance" to increase your workout intensity, it's not the same as strength training.

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Any exercise that involves contracting your muscles many times with little or no resistance - doesn't prevent loss of muscle mass. Runners still lose muscle mass even if they're highly active. Although walking is great exercise, it is not enough to maintain overall muscle mass as people get older.

Other low intensity recreational activities such as swimming, cycling etc do not provide enough stimulation of the chemicals messengers; the hormones, so cannot reverse the loss of lean muscle mass which is the number one bio marker of aging.

These hormones give instruction to all of the body's cells and systems to either remain strong and healthy or go into "shutdown mode" in preparation to be cleared away for stronger and more productive replacements.

The right strength training program performed at the right intensity has the ability to increase the metabolism by stimulating the body to release an important growth hormone (HGH) sometimes called a "youth hormone".

When challenged by weight-bearing exercise such as strength training your muscles and bones continually forced to renew themselves. Think of it as the Fountain of Youth sweeping out old, degenerated cells and tissue, and rebuilding new tissue that is younger, stronger, and healthier.

To get started a properly prescribed exercise program should be set up and the initial sessions monitored by an exercise professional at your local gym or health club. This program should include both strength training and cardiovascular exercise at about a 60/40 ratio.

If your program is set up correctly you only need a couple of sessions per week to get great results. It is really important that you are not only shown correct technique on how to perform the exercises but are also shown the correct intensity (the degree of difficulty or how hard it should be). You also need to learn the correct duration and frequency of your program.

This program also needs to be monitored to measure progress and changed every few weeks to ensure your body does not get used to it and stops progressing.

The cardio type exercise should also contain a couple of sessions per week of interval training. (Short bursts of fast paced activity punctuated with 1-2 minutes of slow recovery activity.)

Strength training machines found in a gym or health club are a safe and easy way to get started as each piece of equipment is designed to exercise a specific muscle group. The amount of weight can be changed easily and in small increments and the machines do not require any skill or balance.

Reduce your risk of a life threatening disease

Everybody knows that muscle is necessary for strength but not many people are aware that muscle mass serves as the body's armour and defence against illness and disease.

To strengthen the immune system the whole body's muscular systems must be strengthened. This is achieved with strength training exercise that will protect and preserve muscle tissue which is crucially important for immune function in two ways:

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- * The necessary fuel source used by many cells of the immune system is the amino acid glutamine and the muscles are the primary site where this is stored. The more muscle you have the more plentiful the glutamine supply, the better the immune system works.
- * Muscle is where the body stores protein. Protein is essential to produce new antibodies and white blood cells to fight off infections or find and destroy cancer cells. The body uses protein at a much faster rate when fighting sickness and muscle tissue is where a reserve of extra protein is kept to draw on when needed.

As many people get sick when they are stressed or depressed exercise helps reduce stress hormones and releases good hormones. Along with providing an outlet for the nervous energy produced by stress, exercise will increase the robustness of the immune system itself and lessen susceptibility to disease.

So forget the notion that muscles are just for looks, they are essential for the healthy functioning of the immune system and the ability to withstand disease. This will reduce your risk of being the victim of some dreadful life threatening disease and might well save your life. The only way to keep those precious muscles strong and healthy throughout your life is with strength training exercise.

If you risk losing your health and mobility as you get older, you risk losing your independence – and thus your dignity and all other possessions will be rendered irrelevant. The good news is, as a health-conscious adult can take immediate steps to implement a strength training program to ensure this will never happen to you.

Additional benefits that you will enjoy are an enhanced immune system, reduced stress, a quick thinking mind, improved body shape and appearance, a sharper attitude and a greater sensation of health. When you are engaged with your exercise program you also feel more useful and productive which adds to a better quality of life.

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The aging process starts very early on for many of us but the human body is resilient and forgiving. The problems finally start to "physically" reveal themselves years later.

Right now is as good as any time to start. We can't change or mend the past. But, we can fix things from here on and slow down the aging process for the rest of your life getting stronger and more resilient as time passes, not the other way around. The sooner you start taking better care of your body and mind, the sooner you stop (or at least delay) further aging.

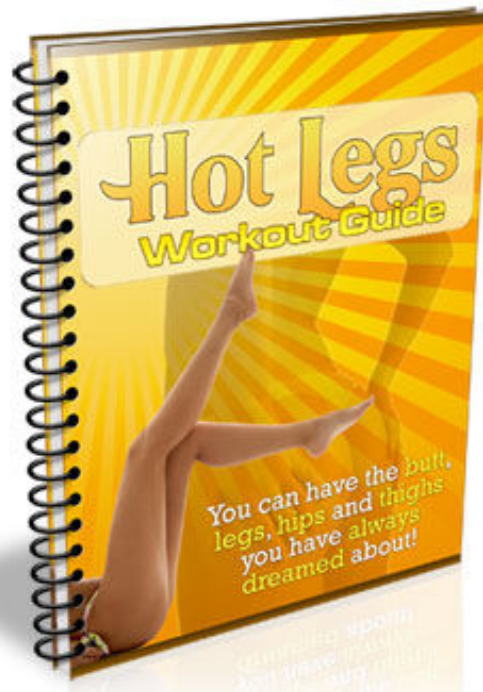
Don't let your body give out on you. We only get one shot on this merry-go-round of life, so we must squeeze every bit of living out of the one body we get issued with.

We do have control of how we feel, how we look and how well we can perform. Age is no excuse to stop trying. When we stop trying we start dying.

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Learn More

If you have enjoyed this introduction to the topic of how to stave off the effects of old age by gaining control over your own metabolism I hope you will take the next step to learn more about this important subject by visiting my [Hot Legs Workout](#) site. This is where I show you how to create a leaner, firmer, and younger-looking body by turbo-charging your metabolism in 30 days or less.



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