

-Welcome-

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Study confirms the Fountain of Youth

In recent weeks, a female Olympic swimmer has been making headlines and she doesn't hold the fastest time in her events. So what makes her so amazing?

She's swimming with women half her age.

Dara Torres, 41, is headed to her fifth Olympic games (Oh, and did I mention that she also has a two year old daughter). While other women her age are complaining about weight gain due to pregnancy and age, Dara looks like the 20 year olds she competes with.

What makes her different from other 41 year old moms?

"I love to exercise," Dara says. "I love how it makes me feel. I love how it makes me look."

Here's the fountain of youth:

The Washington post reported a recent study led by Tim D. Spector, a professor of genetic epidemiology at King's College

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in London. The study states that because of exercise, Dara's body is actually younger on a molecular level than her out-of-shape counterparts.

The results were astounding. They found that exercise appears to slow the shriveling of the protective tips on bundles of genes inside cells (called telomeres), which means a slowing of the aging process.

"This data suggest that the act of exercising may actually protect the body against the aging process," said Spector.

Here's the study in a nutshell:

- Telomeres cap the ends of chromosomes and every time a cell divides, the telomeres get shorter.
- Once a telomere gets too short, that cell can no longer divide.
- Aging occurs as more and more cells reach the end of their telomeres and die. This results in weakened muscles, skin wrinkles, loss of eyesight and hearing, organ failure and slowed mental functioning.
- The study analyzed the telomeres from the white blood cells of twins over a 10-year period. Telomere length was used as a marker for the rate of biological aging.
- It was found that the length of telomeres was directly related to that twin's activity level. "There was a gradient," Spector said. "As the amount of exercise increased, the telomere length increased."
- People who did 100 minutes of weekly exercise had telomeres that looked like those from someone about 5-6 years younger than those who did 16 minutes of exercise each week.
- People who did 3 hours of vigorous exercise each week had telomeres that looked like those from someone about 9 years younger.

What does this mean to you?

The fountain of youth is literally at your fingertips!

In addition to the proven benefits of exercise (such as a reduced risk of heart disease, cancer and other diseases) it's no wonder exercise lovers look and feel as great as they do.

Do you want to start an exercise program or get back on one?

Whether it's been months, years or even a lifetime since your last workout, remember that it's never too late to start looking and feeling your best.

Call the number above or just reply to this email to set up your first workout.

And while you may not share Dara's passion for swimming, you can share her secret for staying young and looking your best.

Want a Smaller Stomach?

Are you doing dozens of sit ups in the hopes of reducing the size of your stomach? You cannot greatly reduce the size of your midsection by stomach exercises alone. While exercises are great for firming your abdominals, a fat burning workout is the most effective way to lose weight and take off inches.

Ask me how to burn the most fat from your body!

Perfect Honey-Glazed Salmon



Talk about an easy way to prepare a delicious salmon

dinner; this main dish only takes 20 minutes from start to finish. Salmon is a wonderful source of omega 3 fatty acids.

Servings: 2

Here's what you need...

- **1 (8oz) sockeye salmon fillet, cut into 2 pieces**
 - **1 teaspoon honey**
 - **1 teaspoon ketchup**
1. Heat oven to 450. Line cookie sheet with foil; spray foil with non-stick spray. Place salmon on sheet.
 2. In small bowl, combine honey and ketchup; blend well. Spread mixture over salmon.
 3. Bake at 450 for 12 to 18 minutes or until thickest part of the fish flakes easily with fork.

Nutritional Analysis: One serving equals: 220 calories, 11g fat, 4g carbohydrate, 0g fiber, and 26g protein.

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