

Mayo Clinic Minute

Interval training fights aging

Video	Audio
Vivien Williams	Our bodies are meant to move.
	(Sound of people exercising)
Vivien Williams	A new Mayo Clinic study shows high intensity interval training – that’s when you repeatedly go hard for a few minutes and then go slowly — helps reverse aging changes. It builds exercise capacity, which helps you to stay healthier longer.
CSreekumaran Nair, M.D., Ph.D. Endocrinology Mayo Clinic	“People who maintain a high endurance capacity, they have lower mortality.”
Vivien Williams	Study author Dr. Sreekumaran Nair says any type of exercise is good for you, as being sedentary accelerates the body’s aging process. But interval training produces changes at the cellular level that keep your organs healthy longer, even if you have underlying conditions such as obesity or diabetes. Dr. Nair says intervals help improve ...
Sreekumaran Nair, M.D., Ph.D.	“... your overall health span, and even lifespan.”
Vivien Williams	If you don’t exercise, talk to your health care provider and be sure to start slowly. Moving more for better health. For the Mayo Clinic News Network, I’m Vivien Williams.