



This is How Exercise Tweaks your DNA and Boosts Longevity

Posted on Thursday November 1, 2018 by Theona Layne

You've probably heard this statement before: exercise keeps you young. It's a bit of a cliché, but there's truth behind it. Numerous studies support that exercise is one of the best things you can do to ward off disease and increase your chances of living to a ripe old age.

The question is, how does it do it?

Regular workouts protect your DNA

There are tiny protein structures on the end of chromosomes called telomeres that help keep your DNA in good condition. The longer your telomeres, the healthier your DNA. On the other hand, shortened telomeres put your overall health at risk.

Telomeres don't protect your DNA without some help: your lifestyle has an impact on overall length and health. That's one reason exercise is so

important.

One [study](#), published in the *Journal of Science and Advances*, shows that consistent and regular exercise prevents premature aging. The more the study participants exercised, the longer their telomeres. Here's the real shocker: the participants who exercised the most had DNA that was *nine years younger* than the participants who led more sedentary lifestyles. Plus, the sedentary bunch had 140 fewer pairs of DNA by the end of the study!

Exercise counteracts inflammation

Exercise also increases the chances of longevity by calming chronic inflammation. Chances are you've heard about inflammation and the damage it can do to your body. The truth is, inflammation itself isn't dangerous. In fact, it's a necessary part of your immunity that helps you heal and fight pesky bacteria and viruses that enter your body.

The problem is chronic inflammation, which is mainly caused by prolonged stress, poor diet and lack of regular exercise. When persistent and chronic inflammation strikes, your body produces an excess of inflammation markers like c-reactive proteins and triggers a specific set of genes known as conserve transcription response to adversity (CTRA). This chain reaction weakens immunity and opens you up an array of health risks, from [Type II Diabetes](#) to cancer.

A [recent study](#) shows that 20 minutes of moderate-intensity exercise strengthens immunity and lessens chronic inflammation. Here's more good news: The same study found that just 20 minutes of physical activity produces a five percent drop in the number of cells that produce Tumor Necrosis Factor (TNF), a harmful protein that creates inflammation in the body.

Each time you go on a bike ride, lift weights or perform any exercise that gets your heart pumping, you're continually protecting your DNA and cooling inflammation. All the while, guarding yourself against premature aging and disease.

Makes you think differently about going for that early morning jog, right? No matter what type of exercise you have planned for today, be proud that you're protecting your body, right down to your DNA.

Share with friends



Like this:

Loading...

Posted in [DNA Insights](#), [Exercise](#), [Geeking Out](#), [Running on Full](#)
Tagged [Exercise Spotlights](#), [Nutrigenomics](#)

PUBLISHED BY



THEONA LAYNE

[View all posts by Theona Layne](#)

Leave a Reply

☐

Email (required)

(Address never made public)

Name (required)

Website

☐

Save my name, email, and website in this browser for the next time I comment.

Post Comment

This site uses Akismet to reduce spam. [Learn how your comment data is processed.](#)

[loseit.com](#)

[About Us](#)

[Support](#)

[Press](#)

[Privacy](#)

[Terms of Service](#)

[Daily Cup of Joe](#)

[Running on Full](#)

[Geeking Out](#)

[Food for Thought](#)

SEARCH



© Copyright 2008-2018 FitNow, Inc. All Rights Reserved