

Can Strength Training Reverse the Aging Process?



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Can you reverse the aging process by engaging in a strength training exercise program? Yes, you can! The secret lies in your body's production of **human growth hormone**, or **HGH**.

Human Growth Hormone (HGH)

Human growth hormone is made by your pituitary gland, which rests at the base of your brain. This hormone is directly linked to **key attributes associated with youthfulness**, such as:

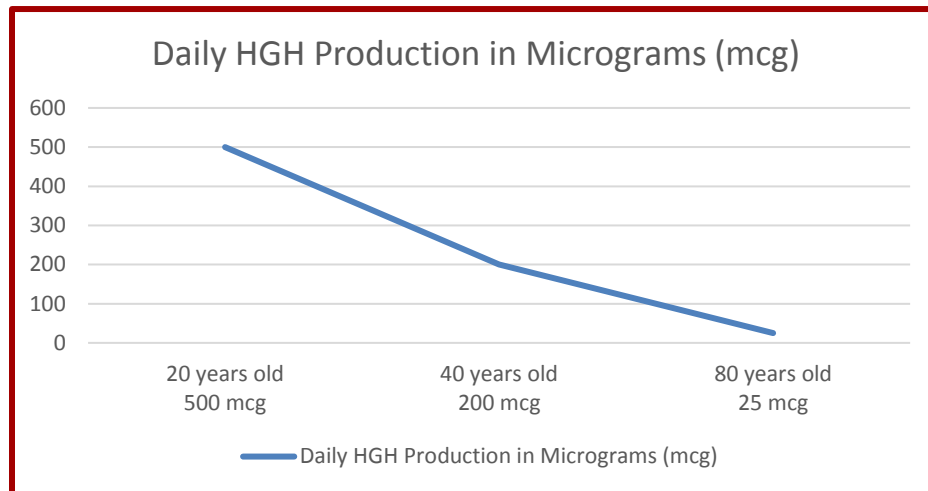
- strong, healthy bones
- energy, vitality, and vigour
- enthusiasm and zest for life
- strong, robust immune system
- firm, smooth, wrinkle-free skin
- high proportion of lean muscle mass
- mental sharpness and positive mood



Your HGH levels are highest during adolescence. After that, **your HGH levels steadily decline over the course of your life**. By the time you reach the age of 40, your body produces less than half the daily HGH it was producing in your 20s!

Aging = Decline in Daily HGH Production

The following chart illustrates the dramatic decline in daily HGH production over the course of the adult lifespan.



With the steady decline in HGH that occurs with age, we see a corresponding decline in all those characteristics commonly associated with youth.

A blood test can identify if your HGH levels are low, and HGH therapeutics can be prescribed to bring your levels up.

However, you don't have to resort to hormone replacement therapy; you can **boost your HGH production naturally** (and reap numerous other benefits at the same time) with exercise.

High-Intensity Exercise Boosts HGH Production

Exercise increases your body's access to HGH! Short-duration, high-intensity exercise has been shown to **boost the release of HGH into the bloodstream.**



Performing strength training or resistance exercises 2-3 times per week, can gradually raise your HGH levels over time, contributing to an anti-aging effect both physically and cognitively.

The release of HGH is linked to your **muscles being challenged.** So if you're lifting weights, you'll benefit from going with a heavier load that you can only lift 6-7 times, rather than a lighter load you can lift 15 times or more.

What About Running?



If you enjoy running and don't have any joint pain, it's a great way to stay fit and strong as you age.

But long-distance running is not as effective as strength training for boosting HGH levels. The best natural trigger for the increased release of HGH is **short, intense, strenuous activity.**

Focus on Lower-Body Workouts

Your legs and pelvis (i.e.: the lower part of your trunk that includes your hip region) account for nearly 70% of your body's total muscle mass.

Therefore, **lower body workouts tend to be most effective for stimulating the release of HGH.**



Don't have access to a gym or gym equipment? Not a problem; you can still get the kind of lower body workout needed to stimulate the release of HGH, by performing exercises like squats and lunges. These can be performed using just your body weight for resistance, or you can add in weights to increase the challenge.



Think of strength training as a way
to take a sip from the fountain of youth!



Reference:

Klatz, R. and Goldman, R. (2007). *The Official Anti-Aging Revolution: Stop the Clock, Time is on Your Side for a Younger, Stronger, Happier You*. Basic Health Publications, Inc.

Disclaimer:

This information is provided for education purposes; it is not a substitute for guidance from your healthcare provider. It is always recommended that you consult with your healthcare provider before starting any new fitness program.