



# Biomarkers: The 10 Keys to Prolonging Vitality

*William Evans*

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Exciting new evidence from the USDA Human Nutrition Research Center on Aging at Tufts University has demonstrated that the body's decline is due *not* to the passing of years but to the combined effects of inactivity, poor nutrition, and illness -- much of which can be controlled. This breakthrough study shows that regardless of your age or present physical condition, the aging process can be slowed -- or even reversed! The authors have identified ten "biomarkers," the key physiological factors associated with prolonged youth and vitality:

- \* **lean body (muscle) mass**
- \* **strength**
- \* **basal metabolic rate**
- \* **body fat percentage**
- \* **aerobic capacity**
- \* **blood pressure**
- \* **Insulin sensitivity**
- \* **cholesterol/HDL ratio**
- \* **bone density**
- \* **body temperature regulation**

With only 50 minutes a day of aerobic exercise and strength training (a pivotal component of the 16-week Bioaction Plan), even middle-aged "couch potatoes" and older adults can:

- \* regain muscle loss and increase strength by as much as 200 percent
- \* reenergize the body and actually lose body fat
- \* increase aerobic capacity by up to 20 percent
- \* reduce the chances of developing age-related conditions such as heart disease, Type II diabetes, and osteoporosis

Providing dietary guidelines, self-tests for evaluating your physiological age, and exercise programs for every level of fitness, *Biomarkers* will change forever the way you think -- and what you do -- about aging.

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