

# Stop time!

Your chronological and biological ages are often the same, but not always. For some people, time can come to a stop.

Everyday experience tells us that people who exercise fall into this category: besides benefiting from better health, they look better and are in enviable shape, making them appear years younger.

Some people are willing to resort to surgical procedures to remove a few wrinkles from their faces or a few inches from their waistlines. Maybe they're not aware that in reality, you can get these same results simply by exercising regularly!

Many studies have shown that in people with sedentary lifestyles, beginning in their twenties a person's aerobic capacity decreases by 1% each year, the skin's suppleness declines by 6% every ten years, and after age 35 the bones begin to lose mineral salts. Over time, joints get stiffer, muscles diminish, and contraction force declines.

In practice, this translates into a lowered resistance to fatigue, a less toned body, a less youthful looking face, and more frequent problems like backaches, as well as a higher risk of muscle sprains and spasms.

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But we've got an incredible weapon on our side: physical exercise can stop and even reverse this natural process of decay. And it doesn't take years of practice to get this kind of benefit.

Even a few months of regular, sensible physical activity is enough to initiate noticeable changes in your body, showing the first signs of wellness that can turn back the clock on time, your appearance, and how you feel inside.

Here are a few examples of these benefits:

- Skin – Movement helps improve blood circulation, so that greater quantities of oxygen are delivered to the cells of the body. This stimulates cellular activity in the dermis and epidermis, leading to a reduction in blemishes, a reconstruction of the connective tissue, and a visible – and most importantly, permanent – improvement. Your skin will stay vital, supple, and young longer.
- Bone – Training that alternates between weight lifting and moderate to intense physical activity can stimulate the osteoarticular metabolism, keeping bone density levels more stable in adults and slowing the impoverishment that typically comes with aging.
- Muscles – As the years pass, muscle mass reduces too, but not everyone is aware that continuing to exercise can help maintain muscle mass over time. The natural loss of tone can be recovered, even after years, in just a few months of regular physical activity.
- Joints and posture – Correct and prolonged movement rebalances the body, allowing you to maintain a flexible and dynamic posture, which is the most important factor in the appearance of a younger person.