

How exercise turns back time in aging muscles

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Exercise is a potent way to reverse signs of aging, according to a new study covered by *Medical News Today* in this week's most popular article. So potent that one of the researchers we spoke with described exercise as “[the most powerful drug we have](#).”

So how does exercise deliver its benefits? In 2012, Dr. Shinya Yamanaka shared the Nobel Prize for Physiology or Medicine for discovering four transcription factors — known collectively as OKSM — that can trigger gene expression that reverses aging in mature cells. The latest research suggests that one of these factors, [Myc](#), plays a critical role in reverting muscle fibers to a more youthful state, *but only in response to exercise*.

Interestingly, the study authors also note that drugs some people take for life extension, such as metformin and [rapamycin](#), may interfere with the beneficial effects of exercise on muscle. Thus, it's important to remember that exercise is an irreplaceable part of healthy aging that a pill cannot replace.

MNT asked exercise physiologists for their tips on the best type of exercise for older adults. They recommended low impact, full-body workouts with a focus on lower body and core, as well as walking every day. In addition, people should perform strength training at least 2 days a week and mobility exercises, including stretching, every day. And it isn't only the muscles that need a regular workout — exercise has beneficial effects throughout the body, including [the brain](#).

Tim Snait

Newsletter Editor, *Medical News Today*
