

## First hint that lifestyle changes may reverse cellular aging

Going on a health kick reverses aging at the cellular level, researchers say.

The University of California team says it has found the first evidence a strict regime of exercise, diet and meditation can have such an effect. But experts say although the study in *Lancet Oncology* is intriguing, it is too early to draw any firm conclusions.

The study looked at just 35 men with prostate cancer. Among the 10 men with low-risk prostate cancer who made comprehensive lifestyle changes, telomere length increased significantly by an average of 10%. In comparison, telomere length decreased by an average of 3% in the remaining 25 men who were not asked to make any lifestyle changes.

**Read the full, original story here:** [Health kick 'reverses cell ageing'](#)

### **Additional Resources:**

- ["How Exercising Keeps Your Cells Young,"](#) New York Times
- ["Sedentary Lifestyle Accelerates Aging,"](#) Washington Post
- ["Anti-Aging Pill Targets Telomeres at the Ends of Chromosomes,"](#) Scientific American