

# Health And Well-Being

## A Program Designed To Slow The Aging Process

(NAPSA)—There is mounting evidence that exercise can help to reduce the risk of certain diseases and conditions, including Alzheimer's disease, diabetes, heart disease, osteoporosis and arthritis. In fact, numerous studies have shown that diet and exercise can also help ward off cognitive problems and memory loss, while improving sleep and boosting mood and self-confidence.

Many believe exercise plays the single most important role in slowing the aging process. In fact, there is even some indication that exercise combined with a balanced (as opposed to trendy) diet can actually work to reverse the aging process, allowing people to remain healthy and active well into their 70s and 80s.

Dr. Henry Lodge, one of the leading proponents of this theory, has written extensively on how the body is in a constant state of decay and repair. As the body ages, the chemical responsible for decay works faster than the chemical responsible for regeneration. Exercise reverses that equation and allows the body to repair itself at a faster rate, which Dr. Lodge says can help slow down and even reverse the aging process.

Unfortunately, Americans have been getting more and more sedentary over the years while turning to quick fixes to make up for it. To fight this tendency, Chris Crowley, who, along with Dr. Lodge, is the author of the best-selling book "Younger Next Year," suggests making exercise a part of your daily routine, something that's up there with brushing your teeth and combing your hair.

If willpower alone isn't enough to get you there, Crowley is holding a Younger Next Year Total



**A program located in Aspen, Colorado shows people how to use exercise and diet to slow the aging process.**

Immersion Week at the Aspen Club later this month. The program is aimed at busy professionals who don't have the time to set up a program on their own. It's the sort of quick fix that's designed to have long-lasting benefits as the program trains participants on how to incorporate the concepts of Younger Next Year into their everyday lives.

"They give you everything you need to be successful at home," notes Jill Belconis, a Chicago area CEO who attended last year. "Aspen is such a beautiful setting, too," she notes, "which really fits in with the theme that this is not just about extending your life but enjoying it, too. The healthier you are, the more you can enjoy the rest of your life."

The Aspen Club is currently accepting reservations for the Younger Next Year Total Immersion Week, beginning Sunday, September 21st. Aspen Club will pay for your ride via the Colorado Mountain Express from Denver to Aspen and return.

To learn more or register, visit [www.aspenclub.com/younger-next-year](http://www.aspenclub.com/younger-next-year).