



week) gain one-and-a-half years in life expectancy over couch potatoes, and highly active women boost that benefit by three-and-a-half years.

"Exercise increases the number of years you can live without heart disease and decreases the risk of a second heart attack or stroke in women who have already had one," Franco says. And it's never too late: "You can become active at 50 or 60 and still increase your life expectancy."

**GAUGE YOUR PHYSICAL ABILITIES**

Jot down how long it takes you to jog one-quarter of a mile (one-eighth of a school track); repeat every week. If your time increases, it means you're moving more slowly and need to boost your exercise routine. Schedule a doctor for a cardiovascular check. "As you lose fitness, you'll later even normal activities feel short of breath; then frailty sets in," says Kuller.

**DON'T JUST CUT CALORIES**

**THEM** Dieting to lose weight without exercise. When 50- to 60-year-olds in a pilot study at Washington State University School of Medicine in Salem lost weight by dieting alone, they lost bone density, muscle mass, and aerobic conditioning. But those who shed the same number of pounds through exercise maintained

improved their muscle function and bone density.

**DON'T THINK THAT SIZE PROTECTS YOU FROM FRAILTY**

Thin, fragile-looking women with low energy are recognizable as frail. "But a woman who is quite overweight may have little muscle and be at risk of becoming frail—unable to do ordinary activities," says Linda P. Fried, MD, chief of geriatric medicine at the Johns Hopkins Medical Institutions in Baltimore.

**STYLE WORKSHOP: SWIMSUITS FOR GROWNUPS**

**MORE**

**AGE BEAUTIFULLY! THE OVER-40 HEALTH GUIDE**

- ✦ gravity-proof your body
- ✦ boost your energy
- ✦ reset your skin clock

Chic and easy spring fashion

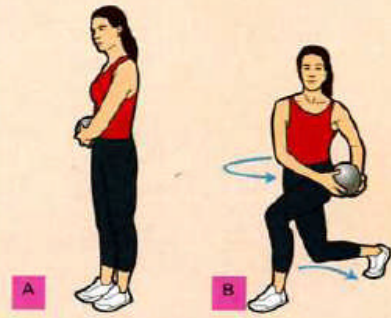
**EAT BURGERS, DRINK BEER**  
Hungry nutritionists' healthy-eating secrets

**SMART MONEY MOVE**  
Stiff your kids and put yourself first—for once

**GREAT TRIPS**  
Hiking in Iceland  
Cooking in Utah  
Chilling in Baja



**KATIE COURIC**  
At 50, "age has given me a lot of peace about things that don't go my way"



**REAR-VIEW IMPROVER**  
(Works glutes, hamstrings and quads)

**A.** Stand with your feet together. Grasp ball in both hands, level with your right hip.

**B.** your right foot back into a lunge. As you move the ball quickly to your left hip, keeping weight over your front foot. (Be sure that your front foot is over your front ankle.) Press down on your left heel to return to starting position. Do 10 to 12 reps. Switch legs and repeat.

EXERCISE **TWO**

**The New Frontier: Antiaging Supplements**

Longevity researchers are focusing on our cells' mitochondria to slow aging. These mini combustion engines burn fat and carbohydrates to form ATP, the fuel for all your cells. With age, production falters, which creates damaging by-products: the notorious free radicals. In a vicious cycle, free radicals damage mitochondria, generating less fuel and

your cells' mitochondria can't we live longer and healthier lives with the proper care of our mitochondria? Ames and other scientists think so and have introduced some mitochondria-protecting products to the market. **✦ ANTI-FREE-RADICAL SUPPLEMENT** To boost mitochondrial fuel efficiency and decrease free-radical

pressure, and tests on memory are now under way. **✦ HERBAL ENZYME BOOSTER** To maintain levels of antioxidant enzymes in mitochondria, University of Colorado researchers extracted active ingredients from five herbs proven to increase enzyme production to yield Protandim (protandim.com).

Levy (Columbus, Ohio) signed up for the Longitudinal Study of Aging and Health. The initial evaluation included several statements that measured participants' expectations of aging, such as "As you get older, you'll be less useful" or "Things keep getting worse as I get older". Twenty-three years later, Levy found that those who held positive perceptions of aging ("I have as much pep as I did when I was younger" and "As I get older, things are better than I thought they would be") had higher survival rates that were more

"We have statins to lower cholesterol and medications to lower blood pressure, but until now we haven't had a pill for free-radical damage," says Sally K. Nelson, PhD, of the University of Colorado Health Sciences Center. Independent studies are starting to test the supplement in people with liver and heart disease. **✦ A DAILY MULTIVITAMIN** Not new per se, but according to Ames's research, deficiencies of vitamins and minerals lead to mitochondrial decay. His fix: a daily multivitamin.

ILLUSTRATION: JASON LEE