

Guillermou

A study from the University of Sydney found that walking fast was associated with a 24% reduction in the risk of all-cause mortality compared to walking at a slow pace. The protective effects of agile gait were more pronounced in older age groups. Those over 60 with a fast pace saw a 53% decrease in risk of death. Also in 2019, another investigation pointed out that walking speed could also be used as an indicator in younger people (around 40) of both their physical health and the state of their cognitive function. www.sydney.edu.au/news-opinion/news/2018/06/01/walking-faster-could-ma.. (2018).---- jamanetwork.com/.../2752818 (2019).--- In healthy older adults, the two-minute step test (2MST) is compared with the six-minute walk test (6MWT), which is a valid cardiorespiratory fitness test frequently applied in geriatric samples.

2MST is easier and faster and represents an alternative approach when time and space are limited.

www.sciencedirect.com/.../S0197457223001039 (2023).--- Humans could live up to 150 years, new research suggests. Most biologists would consider blood cell and step counts. Both sources "paint exactly the same future" suggests that this component of the aging rate is real.

www.scientificamerican.com/article/humans-could-live-up-to-150-years-n.. (2022).---- The more push-ups a man is able to perform, the lower his risk of suffering from heart diseases such as a heart attack or stroke. At least those are the conclusions of a study conducted by the Harvard Health Department. They determined that those able to do 40 or more push-ups were 96% less likely to suffer a cardiovascular event than those who could only do 10 or fewer. jamanetwork.com/.../2724778 (2019).--

Posted On 02/09/2024

Johnno4

Walking speed as an indicator makes sense. If you have hip or knee problems, you may not be able to walk fast. And if you can't walk fast, aerobic fitness will suffer. Likewise if you have heart or lung problems you may not be able to walk fast.

Posted On 02/09/2024

juststeve

Gui, It will be a while yet to pull this off. An old knee injury insulted is currently being addressed, with possible reactivation of hips, currently doing very well. The article from just a short while back where simple things such as losing a tooth, or an injured body part can travel as the brain attempts to find the center seems to be in play. Before an extreme sprain/dislocation of an ankle set other old injuries to reactivate, and worse, not being able to address it all, I was on fire. Was able to do the video instructions very well. Actually on the verge of increasing improvements. When the article expresses the importance of "strength, flexibility, balance," when able to fully engage with my whole program, these things ramp up and take things to a level so much appreciated and treasured.

As good as someone without the injuries can do. Of course not, but still allowing me to do more than I could hope for. The walking, cardio, for me increases Endurance to do things and keeps the lungs functioning the best for what they have. The strength training and stretching increases the mobility without the restrictions of pain. So welcomed, such gratitude when achieved. Mad as hell at my own self for have being in a hurry and stepped down and triggered the setback twisting the ankle into a major trauma. Getting there though. Very impatient but have to remember impatience is what brought me to this situation.

Posted On 02/09/2024

Guillermou

Johnno4, good targets in your reflections, however a study reported that up to 8-10% of polyosteoarthritic patients will reach a centenary life expectancy, while in the comparable population without OA, less than 1% of patients reach the same reference point. These results point to the possibility that the immune system conditioned by OA has effects that prolong life and preserve cognition. www.nature.com/.../s41598-019-54867-8 (2019).-----

----- In a new study, published in the journal The Lancet Regional Health - Western Pacific, researchers from China's Sichuan University analyzed the role of tea consumption on longevity, using data from nearly 14,000 participants aged 30 to 79 from China and From United Kingdom.

Basic biomarkers indicative of aging were evaluated and followed up two to four years later. From these data, tea consumption was associated with slower biological aging, particularly for regular drinkers of moderate amounts. www.thelancet.com/.../PIIS2666-6065 (23)00273-0/fulltext (2023)

Posted On 02/09/2024

fvomasch

Gui- The six minute walk test is an inexpensive test to determine how far you can walk in six minutes. This simple test can indicate a number of limitations and illnesses a person has. 400-700M in six minutes is what is considered to be a good distance to walk. www.medicalnewstoday.com/.../6-minute-walk-test There was a doctor I believe from South Africa I heard about decades ago that diagnosed with good accuracy the health issues a person has with the sit stand test. He just observed patients on how many body parts were needed to stand from a sitting position. Do you need one or both arms do you need a chair or table to stand or roll to the side and use your knees.

From just that simple observation he could determine what health ailments you suffer from and take appropriate measures to remediate the problem. All this without and expensive-invasive tests considering the limited funds that poor people have. I don't recall the doctors name maybe you do. Also on the the TV show a while back Dr. Mehmet Oz had demonstrated the sit stand technique plus a more difficult one. With standing on one leg only and the other leg outstretched in front of you or just on your side to see how low can you crouch. He went close to the floor which is difficult. Most cannot.

Posted On 02/09/2024

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Just, good performances in the combination of strength, flexibility and balance exercises. Sarcopenia, osteoporosis, and frailty are common in older adults and have a marked impact on their general health and quality of life. Approximately 30% of individuals over 65 years of age fall each year; Of them, 5% present major injuries such as fractures, 2% require hospitalization and of these, only 50% survive one year after the fall for the elderly who live in the community. For the elderly who live institutionalized, the figures are more important: 50% of them fall each year, resulting in 10 to 25% of major fractures. The series of events that appear to be associated with a large number of diseases, injuries and ailments are 1) loss of muscle mass, 2) leading to a reduction in metabolic rate, 3) followed by an increase in fat that places almost 80% of men and 70% of women aged 60 and over in the undesirable categories of overweight or obesity [sportsmedicine-open.springeropen.com/articles/10.1186/s40798-021-00321..](https://open.springeropen.com/articles/10.1186/s40798-021-00321..) (2021) digitalcommons.wku.edu/.../61 (2022) This systematic review and meta-analysis reports the role of physical activity and sedentary behaviors in the prevention or development of sarcopenia.

The evidence from cross-sectional studies combined OR 0.49 and the evidence from longitudinal studies an OR 0.51.

[www.thelancet.com/.../PIIS2666-7568\(23\)00270-2/fulltext](https://www.thelancet.com/.../PIIS2666-7568(23)00270-2/fulltext) (2024).--- Mitochondrial dysfunction is particularly detrimental as it decreases oxidative phosphorylation, increases apoptotic activity, and impairs calcium homeostasis within muscle cells. Furthermore, impaired respiration and the decrease in quality control mechanisms precipitate the acceleration of muscle senescence. At the same time, the possible synergistic effects between inflammatory responses and mitochondrial insufficiencies during aging are accentuated. www.ncbi.nlm.nih.gov/.../PMC10767199 (2023).---

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Guillermou

Very interesting fvtomasch. Physical activity may influence chronic disease risk, in part, through epigenetic mechanisms. Previous studies have shown that an acute bout of physical activity can influence DNA methylation status. The GrimAge clock is a test that measures a person's biological age. The interesting thing about this test is that it not only indicates the age of the body's tissues and organs, but also determines life expectancy with an accuracy of 96%. Walking 1500 more steps per day or spending 3 hours less sedentary was associated with >10 months lower biological GrimAge age.

Every 5 min d -1 more moderate to vigorous physical activity was associated with 19-79 days of lower GrimAge. Adjusting for BMI attenuated these results, but all statistically significant associations with AdjGrimAge remained. Greater habitual physical activity and less sedentary time were associated with a lower epigenetic age, which was partially explained by BMI. pubmed.ncbi.nlm.nih.gov/36107108 (2023).-----

-- The association between inflammatory markers and both chronological age "per se" and frailty.

Concentrations of most inflammatory markers increased significantly with chronological age, after adjustment for sex and FI. Interferon- was significantly affected only by frailty index, while interleukin (IL)-10 and IL-1 were associated only with chronological age. In conclusion, different associations between inflammatory components and chronological versus biological age are described.

www.sciencedirect.com/.../S0047637423000982 (2023).----

Posted On 02/09/2024

wns115

My father was a farmer all his life. He never ran nor went to the gym. He just worked in his vegetable fields and walked....and walked...in fresh air. He is 92 and cannot do this exercise very well but he was out in the sunshine / fresh air for a majority of his life, walking, lifting lightweight items, and very happy (outlived my mother by 30 years). I believe there are many other factors that contribute to longevity. Nutrition is big factor as well. Falling is significant factor in death among the aged and with proper nutrition (non-synthetic, easy-to-digest collagen/calcium), they won't break any bones when they fall (my father has proven this.)

Posted On 02/09/2024

Segstar

I call what your father is doing EWAP- exercise with a PURPOSE.. At least at the end of your "expenditure" you get something back in return, this is what MY dad used to say and like your paw he was bang on..Our ancestors didn't lift rocks over their heads to achieve great health..Movement , good diet, sleep, having a good social and Spiritual life all contribute to a great life..

Posted On 02/09/2024

Mercola_Fan

Good post! Your father already beat this test!

Posted On 02/09/2024

brianallen1

Wonderful, this test predicts I will be dead by sundown.

Posted On 02/09/2024

Segstar

You still have a few hours left..Any parting words lol

Posted On 02/09/2024

ms.libby

Ironic as I was just having a discussion about this exercise test with a friend of mine in the medical field (nurse) and she and I both tried doing it and ended up failing terribly on the "up" portion. So we both have work to do. BTW - she's a gym rat and I'm not, but our results were identical. I'm 9 years older than her and have had major back surgery as well. This is harder than it seems, not sure I'll be able to ever accomplish it. Likely I'll be dead by sundown too~!

Posted On 02/09/2024

Arlen1

Have a nice Ribeye as your last meal!

Posted On 02/09/2024

ColdTurkey

As a mail carrier for the U.S. Postal Service I carried a fifteen mile foot route from age 40 until my retirement at age 60, that is, for twenty years. Most days I worked nine to ten hours, but only about five hours of that was spent walking, that is, up and down over 500 flights of stairs over those 15 miles. (in every type of weather). The other hours were spent standing and placing all the mail in delivery order. My route was near the Post Office building and I had no vehicle but worked from relay boxes. Got to know a lot of great people. I'll be 87 in a week and can't remember the last time I visited a doctor. Take no medication and have never been hospitalized. I can still walk three miles in less than an hour, likely much further if I tried.

Posted On 02/09/2024

bchristine

As a former personal trainer (I let my certification expire during Covid) who worked with the over-55 crowd, I've always been partial to using various balance and bodyweight squats to assess clients and use them in training as well. Very few - if anyone - is going to be able to do this 'longevity' test if they are sedentary and/or have more severe imbalances. I feel this test is something to work up to with other movements first.

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Good recommendations. Effective Squat Exercises for Improving Balance
magmafitness.ca/blogs/magma-blog/effective-squat-exercises-for-improvi..

Posted On 02/09/2024

muttbakercom

yes! CoViD harmed balance of many of my 70-something friends, so we are trying to regain that balance, but it's slow. I have found that taking a hyaluronic acid supplement helps with knee/other joint lubrication. and now fauci has a new book. . . roll my eyes

Posted On 02/09/2024

66stanggirl

Interesting that one movement so dependent upon only knee strength can be such a significant indicator of something so far-reaching involving total health. Hmmml am 53 and do this whenever I eat in the living room. I am holding my plate and sit on the floor in front of the couch.

Posted On 02/09/2024

markinchico43

not just knee strength. core strength and flexibility too

Posted On 02/09/2024

wariormom

My functional med doc told me years ago that the two factors that determine healthy longevity are: flexibility of the spine and lung capacity. Makes sense if you think about it and the SRT test would certainly predict flexibility. I have witnessed 80 plus year olds in my yoga classes that have both. Very motivating!

Posted On 02/09/2024

Guillermou

Yes wariomon, the results of this study suggest that lung function is a long-term predictor of overall survival rates in both sexes and could be used as a tool in the assessment of general health.

pubmed.ncbi.nlm.nih.gov/10988186

Posted On 02/09/2024

rcerruto

I'm 61 and scored a ten. I exercise a lot and my primary sport is Brazilian jiu-jitsu. I recommend it for anyone looking to get in shape.

Posted On 02/09/2024

Segstar

Kudos to you.. Does being round qualify as a shape lol

Posted On 02/09/2024

Arlen1

Awesome! I work a lot. I grow my own vegetables and eat mostly wild game. Being able to grow and obtain my food without going to a grocery store keeps me active. I buy mostly seasonings. I never got into growing herbs. I have not tried this trick. I would likely fail this test. I exercises mostly upper body. However, I challenge anyone that can perform this and score above a 9 to try the opposite. Using only your hands/arms, stand on your head. From that position I can then stand on my feet. I doubt that the statistical data or the methods of measuring/grading the participants will apply to me.

Posted On 02/09/2024

pjucla

Variety is key .. aerobics/ anaerobics / stretching/ yoga / hot and cold / fine motor and gross motor.keep moving

Posted On 02/09/2024

juststeve

Thumbs up! Approach from different directions to engage a fuller range of possibilities, and the mind is kept happy, not bored!

Posted On 02/09/2024

tfogerty

Throughout my life people would comment in confusion when they would see me do the sit/stand movement. They would ask me what I just did, and ask me to do it again. When I was younger the question seemed bit odd, but never really thought much of it. To me, it was just an easy and natural way to sit down or stand up from the floor. However it was always a good source of amusement watching others try to perform the sit stand/movement, and fall flat on their butts. This scenario repeated itself so many times over the years, I realized I must be doing must be something out of the ordinary. Eventually I just considered it as my "parlor" trick. About a year ago, I was quite surprised to discover the sit/stand movement is regarded as some measure of fitness and longevity.

I have watched very, very fit and healthy people (far more fit than me), try and fail to perform this movement. To this day, I have never seen anyone in real life successfully perform the sit/stand movement; even though it has sure been fun watching them try. No one. I spent 23 years in the military, and have been retired for 16 years. Six years ago, I had to have a hip replacement due to too much running, and shallow hip sockets. I am now 60, and can still do the sit/stand movement without any difficulty. So it makes me wonder if this is really a sensible test for longevity. IMHO, the sit/stand movement has more to do with good balance, and a little strength; than being a predictor of longevity.

Posted On 02/09/2024

av119568

* The human body "5 basic movement's" Push, Pull, Hinge, Squat and Loaded Carry. * Eat protein, leafy greens, drink pure water, go for a walk and get plenty of sun.* We can not increase our longevity but we can increase our health span. * William,

Posted On 02/09/2024

DebbyW

I really think doing all those will increase longevity. It definitely will increase the time you're healthy.

Posted On 02/09/2024

Malanka

Really interesting post and loved the comments from everyone. I believe the sit to stand has more to do with balance. If you have hearing loss it affects your balance or so I am told. I am 84 and believe I am in pretty good health, no prescriptions, take supplements, practice yoga and Pilates, have a strong core but even though I practice balance I can't seem to improve. I do have hearing loss from cancer treatments (squamous cancer spread caused by a doctor). I do need to use one hand to get up from the floor. We practice the sit to stand in our yoga class plus other balance poses. My yoga teacher is 92 years of age and a real inspiration.

Posted On 02/09/2024

bchristine

Much admiration for you :) And you are absolutely correct about balance. Hearing loss is a LOT about balance, and it will affect the physical body and movements as well. Keep on doing what you're doing ... the positive affects are obvious :)

Posted On 02/09/2024

kanajelly

This is one of the most interesting videos I have seen lately. The film Frequency takes a journey into the world of energy and holistic frequencies, or healing frequencies. Take the time to watch you will be amazed how it works. Best health to all! www.bitchute.com/.../3SjFECXyPlbr

Posted On 02/09/2024

Rosebud10000

I learned to get up from the floor from Peter Egoscue's work about 10 years ago.

Posted On 02/09/2024

The Texan

I've never crossed my legs like that to sit down even when I was kid. Even though I'm a very active outdoor type person, I need practice! I made it down onto a 5" step and back up again, but I did it like I've always done and that's without crossing my legs. I squatted.

Posted On 02/10/2024

mor3389

I remember seeing this on the Dr. Oz show years ago.

Posted On 02/10/2024

marlenehere

After two hip replacements, not knowing Synthroid was a calcium sucking evil med that an endo put me on for 20 yrs, I swear I've only had issues when I listened to these idiots, and for 9 yrs now a natural hormone, so better there now, I've had to help muscles, ligaments and bones how to move. I'm an outdoors woman and this never should have happened. Doing this squat consistently, improves everything including the brain. It feels good all over. Doesn't take long to relearn movement. It's what our bodies crave. youtu.be/YIyEWTnhTok

Posted On 02/10/2024

az athlete

I'll be 67 in a few days. I fell twice last Tuesday night . . . while rollerskating. I read that it's good for people to walk backwards. I walked backwards last Tuesday night for about 1 hour . . . while rollerskating.

Posted On 02/10/2024

GoldCoaster

When my butt touched the ground, I fell backwards. Getting up was impossible. Couldn't rise up at all. 67 years old, no injuries in the past or physical aches and pains, normal weight. As BrianAllen said, Looks like I'll be dead by sundown.. :)

Posted On 02/10/2024
