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## RUN YOURSELF YOUNG

### The research

The Marathon Study, conducted by a team of British researchers, supported by the British Heart Foundation, the University College London Hospitals and the Barts Cardiovascular Biomedical Research Centre, found that first time marathon runners could achieve health gains that put them on par with younger adults.

### The findings

After the completion of the training and the 42km event, the study found that in healthy 'first-time' marathon runners there were decreases in blood pressure and aortic

stiffening, which equated to a four-year reduction in vascular age. The greatest benefits were noted in the older, slower male runners who had a higher baseline blood pressure.

### What this means

If you or your clients plan to run a marathon for the first time ever this year, then you are in for a treat. Apart from the sense of accomplishment for completing such a gruelling event, you could also be rejuvenating your blood vessels and arteries! Remember, older males that are ready to hit the pavement at a slow and steady pace are the ones most likely to gain the greatest overall benefit! ♦

THE STUDY

THE SOURCE

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## EATING LESS COULD OFFER MORE THAN REDUCED CALORIES

### The research

A study at Kurume University School of Medicine in Japan, investigated the relationship between exercise and the appetite-promoting hormone, ghrelin. By comparing food intake and wheel-running activity between mice given free access to food and those fed twice a day for a limited time, researchers assessed whether a surge in ghrelin after a period of fasting, prompted mice to start exercising.

### The findings

Evidence suggests that hunger and limited

feeding, may lead to an increased motivation to exercise, suggesting that a surge in ghrelin could play an important part in the motivation for both eating and exercise.

### What this means

The recommendation to maintain a healthy eating routine, eating less at mealtimes or fast intermittently is not new, but what is new is our understanding of how this behaviour could influence our intention to exercise as well as our physical health. More work is needed to confirm the ghrelin response in humans. ♦

THE STUDY

THE SOURCE

