

## THE 1% SOLUTION

Exercise is the master signaling system that tells our cells to grow instead of fade. When we exercise, your muscles let out a steady trickle of chemicals that tell every cell to decay, day after day after day. True biological aging is a surprisingly slow and graceful process. We replace about 1% of our cells every day. That means 1% of your body is brand new today and you will get another 1% tomorrow. You will be getting a whole new body in about every three months. Think of it. You are walking around in a body that is brand new by New Years, new lungs, new liver, new muscles, new skin. Look down at your legs and realize that you are going to have new ones by the end of next season! Whether that body is functionally younger or older is a choice you make by how you live. Men who go from sedentary to fit, cut their risk of dying from a heart attack by 75% over five years. Women cut their risk by 80% --- and heart attacks are the largest single killer of women. Both men and women can double their leg strength with three months of exercise, and most of us can double it again in another three months. This is true whether you're in your 30s or 90s. It's not a miracle or a mystery. It's your biology, and you're in charge. Start today. Your cells are listening.