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Health Notes: SportsArt Pinnacle trainer research results, exercise against cell aging

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You want information about health, physical activity, exercise and wellness, but you don't want all the techno-science garble that makes most reports overwhelming to read, let alone understand or pass on to customers. In SNEWS® Health Notes, an occasional series, we take a look at recent research that is pertinent to your business and explain it in a way that makes sense. If you have suggestions or comments, let us know by emailing snewsbox@snewsnet.com.

>> **SportsArt Pinnacle Trainer provides high-intensity workout**

In a study just released by SportsArt Fitness, university researchers have found the “A-Trainer” cardio piece offers a low-impact but still high-intensity workout with heart rates and calorie use similar to running on a treadmill at a fast clip.

Researchers found that exercisers got a workout similar to running between 6-7 mph, while experiencing a rate of perceived exertion slightly lower than a treadmill and also burned calories about 30 percent faster than on a treadmill.

Subjects in the study, both male and female, were college-age students ages 20-24 with average levels of fitness. In testing them on the Pinnacle Trainer, treadmills and ellipticals, all did three-minute exercise intervals with increasing resistance until they were not able to keep up. On the elliptical, participants were stopped after 30 minutes. Heart rate and perceived exertion were recorded at the end of each minute.

So what? Although still a somewhat new piece of equipment that falls under the category of “A-Trainers” (alternative trainers), the Pinnacle seems to offer the kind of workout exercisers demand.

For the scientifically minded: Since the report remains unpublished at this point and certain university guidelines on release of research information exist, SNEWS is not able to release the rest of the data. But we wanted to share the insights currently available.

>> **Even brief exercise can reduce cell aging caused by stress**

Are you stressed out? That might be aging you and your customers early. But not as much if exercise is a part of life, a recent study found.

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New research from the University of California at San Francisco found that the benefits of physical activity extend deep into cells, buffering the deleterious effects of stress on cells.

Scientists discovered that vigorous physical activity -- as little as 42 minutes spread over three days -- can protect exercisers from cell damage by reducing the impact of "telomere length." Telomeres are tiny pieces of DNA that promote genetic stability. Exercise keeps the DNA pieces from shortening, which research is now indicating is linked to health problems such as coronary heart disease and diabetes.

"Telomere length is increasingly considered a biological marker of the accumulated wear and tear of living, integrating genetic influences, lifestyle behaviors, and stress," said Elissa Epel, Ph.D., who is one of the lead investigators and an associate professor in the UCSF Department of Psychiatry. "Even a moderate amount of vigorous exercise appears to provide a critical amount of protection for the telomeres."

The study involved 62 post-menopausal women, often acting as caregivers for others.

"Our findings also reveal that those who reported more stress were less likely to exercise over the course of the study," said lead author Eli Puterman, Ph.D., a psychologist in the UCSF Department of Psychiatry. "While this finding may be discouraging, it offers a great opportunity to direct research to specifically examine these vulnerable stressed individuals to find ways to engage them in greater physical activity."

So what? Exercise isn't just for weight loss or a shapely butt. Think slowing the aging process and buffering the effects of stress.

For the scientifically minded: The article was published in a new online peer-reviewed journal call PLoS One. [See the article by clicking here.](#)

--*Therese Iknioian*

Thanks again for reading and for your support of SNEWS®! We look forward to hearing from you anytime.

Cheers,

Michael Hodgson & Therese Iknioian

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