

Sreekumaran Nair, M.D.	“AND BRING IT TO THE SAME LEVEL AS THE YOUNG PEOPLE, IS IT GOING TO HAVE BENEFICIAL EFFECTS?”
	THE STUDY LOOKED TO SEE IF THERE WAS IMPROVEMENT IN MUSCLE MASS, STRENGTH, BONE DENSITY, GLUCOSE TOLERANCE AND QUALITY OF LIFE. EXCEPT FOR SOME MINOR BENEFITS TO BONE DENSITY...
Dr. Nair	“IT DIDN'T HELP AT ALL.”
	DR. NAIR SAYS WHAT HAS BEEN PROVEN TO SLOW THE EFFECTS OF TIME IS REGULAR AEROBIC EXERCISE, STRENGTH TRAINING AND EATING A HEALTHY LOW-CALORIE DIET.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.
