

Endurance training beneficial, even if started later in life

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A person who engages in intensive endurance training confers benefits on the heart even if the training started relatively late in life. This is shown in a study carried out by French scientists and presented at the "EuroPREvent 2014" Congress in Amsterdam.

For the study, 40 healthy males aged between 55 and 70 who demonstrated no cardiovascular risk factors, were divided into different groups: ten had never trained for more than two hours per week throughout their lives, 30 at least for seven hours per week and for more than five years. Among the latter, around half had started running or cycling before the age of 30, the others after the age of 40.

Resting heart rate exhibited similar results in both training groups (56.8 respectively 58.1 beats per minute), the non-exercising men on the other hand exhibited 69.7 beats. Similar results were found for maximal oxygen uptake: 47.3 respectively 44.6 ml/min/kg as opposed to 33.0 ml/min/kg. In addition, the left ventricle and both atria were larger in the group that trained.

"Endurance training is also beneficial for bone density, for muscle mass, for oxidative stress. And these benefits are known to be greater if training was started early in life", said lead author David Matelot from Inserm 1099.

References

[EuroPREvent 2014, P550](#) (abstract)

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