

# 10 Anti-Aging Rules from OPRAH'S TRAINER

BY BOB GREENE, MS

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I have spent my entire career helping people, many of them busy parents, to live healthier and more fulfilling lives through diet, exercise and motivation. When I became a father myself, I was in my 50s and my two beautiful children changed my perspective on life. To my surprise, I became more acutely aware of my own mortality. This is what steered me to the subject of anti-aging, which I would spend nearly a decade researching.

**Here are 10 science-based insights from my most recent book "20 Years Younger."**

**1. Challenge your body**

Aging is, in part, a breakdown of tissues and loss of tissue mass, including muscle, bone and nerve. The single best way to combat tissue loss is by placing stress on the bones and joints through exercise. I prefer relatively higher weights with lower repetitions to best challenge your body. On repetitions nine and 10, you should struggle to lift that weight. The body gets stronger and holds onto its tissues because of messages sent to your genes that it wants to be challenged; that it wants to hunt and gather and do what it was meant to do. Our genetic wiring responds to these signals by keeping us strong. In contrast, if we sit on the couch all day, this sends a message that we are not overly productive, which would, in theory, accelerate aging. The key is not just exercise but challenging exercise.

**2. Exercise for one hour every day**

The intensity of your workout is most important and the length of time is a close second. The sweet spot is about one hour per day, which is challenging, given our busy schedules. Not surprisingly, if you make yourself a priority, you can find the time and you will reap the rewards. Challenge yourself to finding one hour of time. Don't forget to switch it up between cardiovascular and strength training workouts.

**3. Use motivational tools**

I love pedometers. I love them so much I'm a spokesperson for my personal favorite, Omron. These small devices are the easiest way to set goals, track progress and reward yourself. You should wear your pedometer on the belt (or in your purse or bag) where it monitors your activity, heart rate and even sleep. It's a great reminder, like tying a string on your finger. The best part is, it requires no extra time and checking your results can actually be fun. So fun, in fact, that it's also an effective tool to motivate kids and set up rewards for achieving goals.

**4. Eat fresh and locally grown whole foods**

I believe in eating organic food as much as possible. I start with vegetables first, especially the detoxifying crucifers, followed by fruits, legumes and whole grains. Another option that makes eating healthy fun, is to shop at your local farmers' market. They usually have bargains on freshly grown produce and you can buy direct from the farmer. Community sustainable agriculture is another way to connect directly with farms by buying a share and having your fresh produce come straight from the grower.

Shopping locally is better for your family and the reduced impact is better for the planet.

**5. Take supplements**

I recommend supplementing your diet with at least a good multivitamin and omega 3 supplement. Why? Vitamin D deficiency is common and puts people at risk for bone loss, multiple sclerosis, cancer and a host of other conditions. I ask all my clients to get tested for vitamin deficiencies, so they can alter their diet and supplement as necessary.

**6. Eliminate empty calories**

Two sources of empty calories I recommend my clients eliminate immediately from their diet, are beverages with any kind of high fructose corn syrup or other forms of sugar and breads and grains that are refined and complex in nature. Bring in super foods such as beans and crucifers