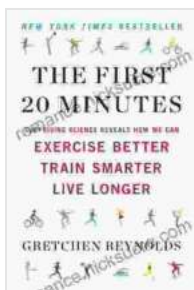


# Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer

For years, we've been told that the key to a healthy life is to eat right and exercise regularly. But what if there's more to it than that? What if the way we exercise and train can actually impact our longevity and overall well-being?



## The First 20 Minutes: Surprising Science Reveals How We Can Exercise Better, Train Smarter, Live Longer

by Gretchen Reynolds

★★★★☆ 4.2 out of 5

Language : English  
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Enhanced typesetting : Enabled  
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Print length : 284 pages



That's the question that a team of scientists at the University of California, Berkeley set out to answer. And what they found was surprising: the way we exercise can have a profound impact on our health, both in the short term and the long term.

Here are some of the most surprising findings from their research:

- **Exercise can help us live longer.** A study of over 10,000 people found that those who exercised regularly were less likely to die from all causes, including cancer and heart disease.
- **Exercise can improve our cognitive function.** Studies have shown that exercise can improve memory, learning, and attention. It can also help to protect against age-related cognitive decline.
- **Exercise can boost our mood.** Exercise has been shown to release endorphins, which have mood-boosting effects. It can also help to reduce stress and anxiety.
- **Exercise can help us lose weight and keep it off.** Exercise is an effective way to burn calories and build muscle. It can also help to improve our metabolism, which can help us to lose weight and keep it off.
- **Exercise can improve our sleep.** Exercise can help us to fall asleep more easily and get a better night's rest.

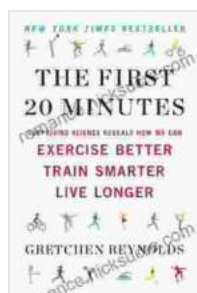
These are just a few of the many benefits that exercise has to offer. If you're not already exercising regularly, there's no better time to start than today. Even a small amount of exercise can make a big difference in your health and well-being.

Here are some tips for getting started with exercise:

- **Start slowly and gradually increase the intensity and duration of your workouts over time.**
- **Choose activities that you enjoy, so you're more likely to stick with them.**

- **Find a workout buddy to help you stay motivated.**
- **Listen to your body and take rest days when you need them.**
- **Make exercise a part of your daily routine, just like eating and sleeping.**

Exercise is one of the best things you can do for your health. It can help you live longer, improve your cognitive function, boost your mood, lose weight, and keep it off, improve your sleep, and reduce your risk of chronic diseases. So what are you waiting for? Get started today!



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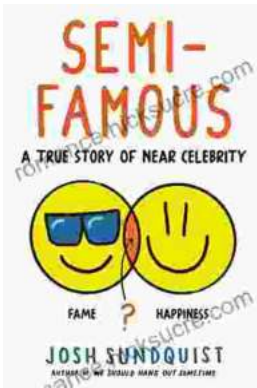
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