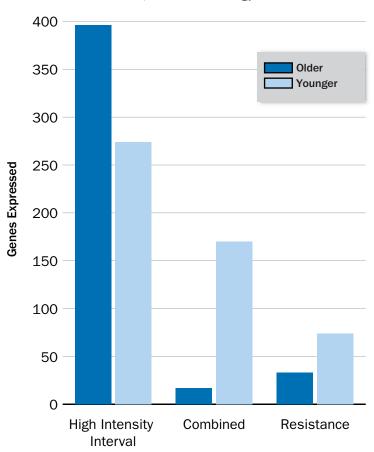
## High intensity interval training: The fountain of youth?

According to a study looking at the effects of exercise on young and old people, high intensity interval training led to increased gene expression that improved age-related decline in muscle mitochondria, which produces energy for the cell.



Source: MAYO CLINIC

THOMAS OIDE/Missourian