

### EXERCISE: THE ULTIMATE ANTI-AGING PILL

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The concept of '*anti-aging*' seems to set a paradigm that prepares us for a battle ... one that we are destined to lose. For we are all aging and nothing we can do short of time travel, will stop or slow this process. Perhaps Einstein could have given us an answer had he lived longer. Alas he too lost the battle - point made.

In light of this truth '*active aging*' is what people should or need to be seeking since the single greatest fear most people have about getting old is not death, but rather the loss of independence and the ability to remain active for the duration of their lives. This short but informative presentation will explore some of the traditional and cutting-edge ideas, science, and myths of the physical aging process. You will also discover how to develop, implement and maintain a healthy exercise/activity plan as part of your lifelong quest for graceful, active aging ... at any age.