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September 22nd 2011: Extend your life through exercise and weight loss: the benefits and what research has to say

Exercise does not have to be a chore. Exercising with someone improves your chances of sticking with it. Research shows how exercise helps the body age slower. Listen to what an owner of a fitness center says and to Dr. Michael A. Smith from Life Extension talking about the research about weight loss.

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Featured Guests



Michael A. Smith

Dr. Michael A. Smith received his medical degree from the University of Texas Southwestern Medical School, in Dallas. He has over 12 years of clinical, research, and biotechnology experience. He has been with Life Extension for four years. He is currently the Clinical Information Specialist with Life Extension Foundation.

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Chelsea Garfield

Chelsea Garfield, co-founder of Good Friends Fitness is one of Tallahassee's leading Spinning and group fitness instructors.

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