

KEEP YOUR GENES ON

Whether you're a young or old woman,
your muscle genes fit like designer jeans



Original Research

Raue, U., et al.
Myogenic gene
expression at rest and
after a bout of
resistance exercise in
young (18-30 yr) and
old (80-89 yr) women.
*Journal of Applied
Physiology* 101:53-59,
2006.

FOR MOST ATHLETES, AGE IS A WEAK EXCUSE; FOR SOME, IT'S A SOURCE OF STRENGTH - AND YOUR GENES ARE BEHIND YOU ALL THE WAY.

Chronological age is perhaps *the* biggest excuse for lackluster performance in all of sport. And there really seems to be no lower limit for this excuse: a 29-year-old athlete is perfectly able to rationalize a loss to a 19-year-old as due to that 10-year age gap. But why do we call age an excuse? Are we suggesting that a person's chronological age does not impact performance? Not exactly - in fact, you can learn more about the impact of aging on muscle power in [Aging Power](#). You see, chronological age will eventually catch up with you, but it is really your biological age that at some point will impact your performance. Of course, many other variables impact performance, too, making the whole chronological age argument even less valid. And if you were to look at a recent study published in the *Journal of Applied Physiology* on gene expression in young and old women following a session of weight training, you would come to understand that the body resists aging into old age.

Power Key: women's muscle, old women, young women, gene expression