


<p>CG: Kristin Stanford, PhD Ohio State Wexner Medical Center</p> <p>Shots of Stanford in office</p>	<p><i>“That resulted in an improved metabolic health in their adult offspring. Essentially, it improved their glucose metabolism, decreased body weight and increased their insulin sensitivity.” :07</i></p> <p>KRISTIN STANFORD AND HER TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER STUDIED GROUPS OF MALE MICE AND FOUND THAT EXERCISE IMPROVED THE METABOLIC HEALTH OF BOTH MALE AND FEMALE OFFSPRING THROUGH ADULTHOOD. :10</p>
<p>Kristin Stanford (CG'd earlier)</p> <p>Shots of researchers in lab</p>	<p><i>“The idea would be that if you have a dad who wants to have a child, if they would exercise maybe just a month prior to conception, that would have a really dramatic effect on their child’s life.” :08</i></p> <p>RESEARCHERS ALSO FOUND THAT EXERCISE HELPED EVEN WITH A POOR DIET. SEDENTARY MICE FED A HIGH-FAT DIET PASSED ALONG NEGATIVE HEALTH ISSUES SUCH AS OBESITY AND INSULIN RESISTANCE. BUT WHEN THEY EXAMINED THE SMALL R-N-A MOLECULES THAT DETERMINE HOW GENES ARE EXPRESSED, THEY WERE SURPRISED TO FIND THAT THE NEGATIVE EFFECTS OF A HIGH-FAT DIET WERE COMPLETELY REVERSED BY EXERCISE. :22</p>
<p>Kristin Stanford (CG'd earlier)</p> <p>Shots of Matt on playground with sons</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p><i>“A high-fat diet, even mild high-fat diet, in this case it was only three weeks, changes the profile, but exercise kind of restored it back to normal.” :07</i></p> <p>WITH ALL THE PREPARATIONS MADE BY SOON-TO-BE-DADS, EXPERTS SAY IMPLEMENTING AN EXERCISE ROUTINE IS A SIMPLE STEP THEY CAN TAKE FOR THE HEALTH OF THEIR FUTURE CHILDREN. AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :13</p> <hr/> <p>EXPERTS SAY THE NEXT STEP IS TO EXAMINE EXACTLY WHAT CAUSES THESE GENETIC CHANGES SO THAT RESEARCHERS CAN DEVELOP WAYS TO PREVENT DISEASES LIKE DIABETES AND OBESITY IN THE FUTURE.</p>

SOCIAL MEDIA

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