



Thigh and B\*tt Exercises Seem To Have  
Lowered My Biological Age By About A  
Year ( $p=0.001$ )



Kingsley G. Morse Jr.

<https://kingsleymorse.ch>

[kingsley@loaner.com](mailto:kingsley@loaner.com)

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## 0.1 Abstract

Exercising my butt and thighs seems to have lowered my biological age. The change was statistically significant after 9 days( $p=0.04$ )<sup>1</sup>. After 17 days, my estimated biological age was 1.27 years younger( $p=0.001$ ).

## 0.2 Methods

I try to measure my biological age every day <sup>2,3</sup>.

I slightly injured my left knee. I consulted with a physical therapist. We expect the injury isn't serious. Just an irritated meniscus. He prescribed 4 exercises. They're for my butt and thighs.

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<sup>1</sup>Statisticians often say a change is significant when its statistical "p value" is less than 0.05.

<sup>2</sup>See What I learned from trying to measure my biological age throughout 2018

<sup>3</sup>My latest and preferred biological age clock is a prototype I made. It considers simple non-invasive measurements of things that change with age, like blood pressure. I measure them at home in about 25 minutes. It's proprietary. I call it "BA CG 5.3".

Every day I

1. kept trying to measure my biological age and
2. did these exercises



BOSU hip thrust, 1 leg, arms raised,  
2 sets, 10 reps



Wall sit, 2  
sets, 60 seconds



Glute bridge walkout, 2 sets, 5 reps



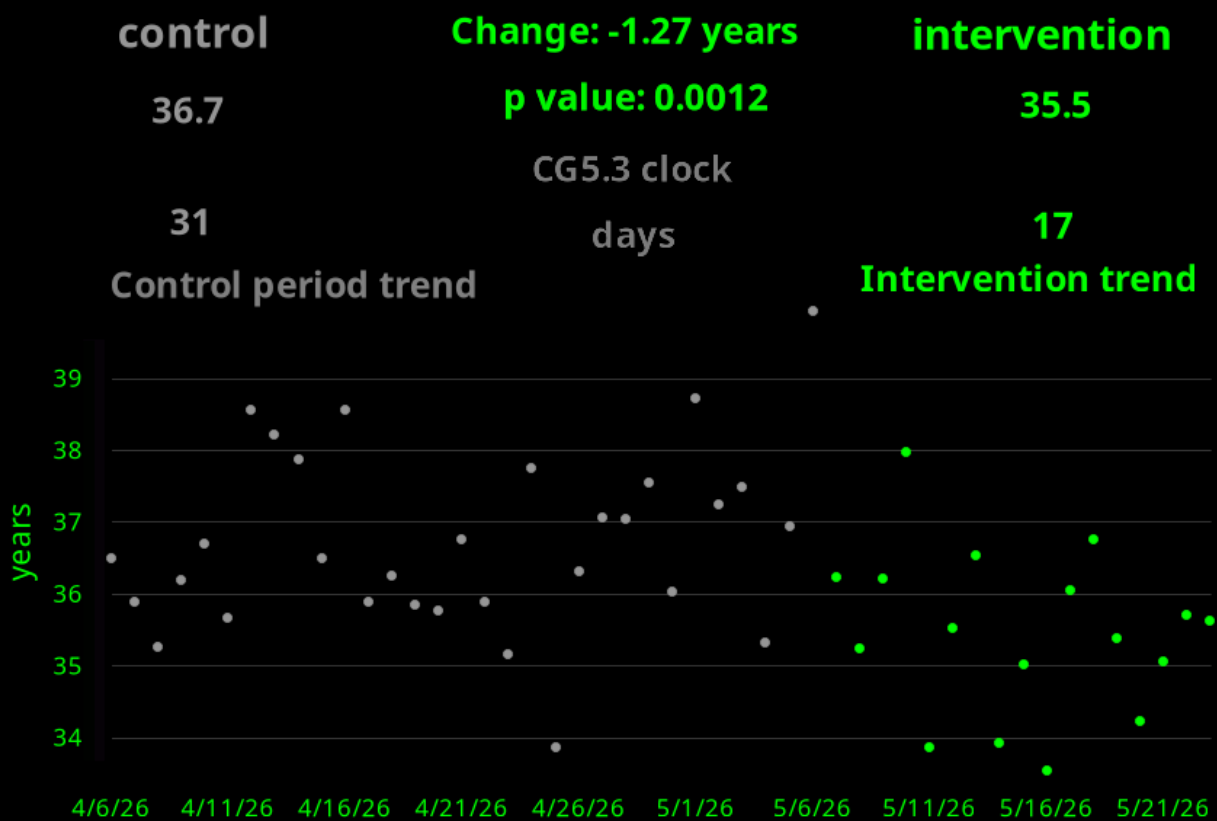
penguin rock, 1 set, 60 seconds

## 0.3 Results

Exercises for my butt and thighs seems to have lowered my biological age.

The change was statistically significant after 9 days( $p=0.04$ ). After 17 days, my estimated biological age was 1.27 years younger( $p=0.001$ ).

### biological age v. exercise experiment



## 0.4 Discussion

Exercise is well known to be healthy. Our muscles shrink as we age<sup>4</sup>. These exercises are for big ones<sup>5</sup>.

## 0.5 Conclusion

Exercising my butt and thighs seems to have lowered my biological age.

## 0.6 Conflict of Interest

None.

## 0.7 References

1. What I learned from trying to measure my biological age throughout 2018
2. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
3. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
4. Not Eating For 14 Hours A Day For A Month Seems To Have Made Me About A Year Younger
5. Cooking Raw Tomatoes Seems To Have Made Me About A Year Younger
6. Hawthorn Berries, Prickly Ash and Horse Chestnut Lowered Biological Age
7. More Lecithin and Hemp Seed Oil, and Less Fish and Olive Oil, May Have Lowered My Biological Age
8. A Water Filter That Increases pH Seems To Have Lowered My Biological Age By About A Year
9. Using A Waterpik Seems To Have Lowered My Biological Age By About A Year
10. Kingsley's Big Spread Sheet Of Life Span Experiments

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<sup>4</sup>It's called "sarcopenia".

<sup>5</sup>Gluteus maximus (butt) and Quadriceps femoris (front thighs).

## 0.8 Running List Of Successful Interventions

This is the ninth intervention that my daily testing suggests lowered my biological age.

month/year	intervention	change in biological age in years	p value
2/2015	cocoa[2]	-2.0	0.03
1/2017	green tea[3]	-1.6	0.02
8/2017	intermittent fasting[4]	-0.9	0.02
6/2020	tomatoes[5]	-0.9	0.03
2/2021	Hawthorn berries, prickly ash and horse chestnut[6]	-0.9	0.04
4/2021	lecithin & hemp seed oil, with less fish and olive oil[7]	-1.5	0.01
7/2022	high pH water pitcher[8]	-1.2	0.02
9/2023	waterpik	-1.7	0.003
<b>5/2026</b>	<b>butt and thigh exercises</b>	<b>-1.3</b>	<b>0.001</b>