

So how is your muscle mass associated with preventing disease and extending your healthspan? The answers you'll find in this book will transform your way of thinking about health and fitness. You'll understand that it's more about being undermuscle rather than just overly fat. You'll learn that muscle is a fundamental pillar of health and vitality. You'll discover the fascinating inherent mechanisms we've evolved to preserve this overlooked but extremely vital organ and how you can maximize the effectiveness of those mechanisms.