

## FITNESS TIP



### James LaValle's Longevity Fitness Tip: **Build Strength to Build Resilience** *"Muscle is medicine."*

As we focus on mind, body, and balance this May, remember that maintaining muscle mass isn't just about looking fit—it's a cornerstone of metabolic health, hormone balance, and even cognitive function. Prioritize resistance training 2–3 times per week, whether it's bodyweight, bands, or weights. Just 20 minutes a session can improve insulin sensitivity, support better sleep, and help regulate stress hormones like cortisol. Small, consistent efforts build the physical and emotional resilience you need to thrive—at any age.

Join me at [The LongevityExpo](http://TheLongevityExpo) where I'll introduce you to the Metabolic Tools for Repair, Resilience and Renewal.