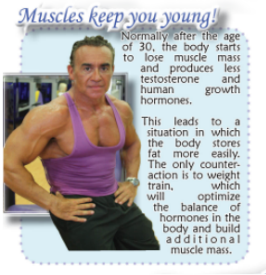


Muscles keep you young!

Written by
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Muscles keep you young!

Normally after the age of 30, the body starts to lose muscle mass and produces less testosterone and human growth hormones.

This leads to a situation in which the body stores fat more easily. The only counter-action is to weight train, which will optimize the balance of hormones in the body and build additional muscle mass.