



Men's Health: Stress, Muscle Loss & Energy

Stress and metabolic dysfunction accelerate decline in men's energy and performance. Muscle loss worsens insulin resistance. Testosterone declines follow. Early action preserves vitality.

Chronic stress raises cortisol, suppressing testosterone. Insulin resistance increases estrogen conversion. Muscle loss reduces glucose disposal and metabolic rate.

Labs often show low-normal testosterone with elevated insulin and triglycerides. Without intervention, fatigue, weight gain, and cardiovascular risk increase.

01 FOR EXAMPLE

A man with declining energy improves strength and testosterone after prioritizing sleep, diet, and resistance training.

02 Try This Today

Measure: Track weekly strength sessions

Do: Schedule two resistance workouts

Reflect: Decide whether muscle preservation is a priority

Select a plan:

<https://tinyurl.com/healthyu-amaze>

