



Men's Health: Men's Mental Health Focus

Abdominal fat is metabolically active and high-risk. It strongly predicts insulin resistance and cardiovascular disease. Reducing visceral fat improves health rapidly. Waist size matters.

Visceral fat releases inflammatory cytokines and worsens insulin resistance. It suppresses testosterone and increases cortisol.

Lab trends often show elevated triglycerides, insulin, and blood pressure with central obesity.

Targeted lifestyle changes preferentially reduce abdominal fat.

01 Is This Your Story?

A man maintains stable weight but gains abdominal girth. Labs show rising insulin and triglycerides. When strength training and dietary quality improve, waist circumference shrinks and labs normalize.

02 Try This Today

Measure: Track waist circumference monthly.

Do: Prioritize resistance training and protein intake.

Reflect: Ask whether abdominal fat signals deeper metabolic risk.



Select a plan:

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

