Leyla Weighs In on The Hidden Dangers of Visceral Fat: Exploring Heart and Health Implications

written by Leyla Muedin MS, RD, CDN | October 10, 2025

Did you know visceral fat could be damaging your heart even if you’re fit? “Leyla Weighs In” on how hidden fat affects heart health and aging with a focus on research findings that could change how you think about health and wellness.