# Leyla Weighs In: Building Strength Against Frailty—Key to Independent Living

written by Leyla Muedin MS, RD, CDN | June 5, 2026



Did you know that a stronger grip could predict a longer life? “Leyla Weighs In” on how building muscle strength is crucial for healthy aging. She’s got groundbreaking research on muscle strength and longevity. Check it out!