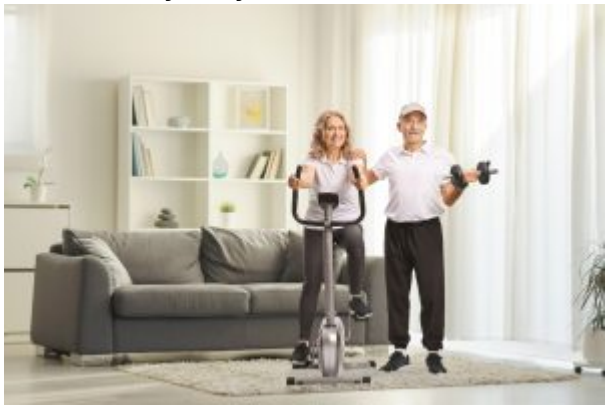
# Leyla Weighs In: The Balance of Cardio and Strength—A Path to Healthy Aging

written by Leyla Muedin MS, RD, CDN | September 18, 2026



“Leyla Weighs In” on how concurrent training can transform your aging process. Don’t miss out on these tips for maintaining your independence. Plus, learn why checking your B12 levels could be crucial for preventing neuropathy. Check it out!