Press release

PRESS RELEASE - For immediate release
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After 60, the danger is no longer too much, but too little

A Swiss engineer publishes a guide based on more than 250 studies to help older adults stay strong

Eat light, walk a little, avoid excess: these habits sound sensible. After 60, they often achieve the opposite. The body needs fewer calories, but as much protein, calcium, vitamin D and vitamin B12 as before, or more. In *Stay Strong, Eat Smart After 60*, Patrick von Meiss explains why, and what to do about it every day.

What readers will find

- Five tests to do at home in 15 minutes to estimate your "physical age".
- Fourteen practical guidelines to protect muscle, bone, appetite and independence.
- So-called "miracle foods" ranked by evidence: proven, promising, or mostly marketing.
- The six supplements backed by solid evidence, and those you can leave on the shelf.
- Kitchen tips explained by science, and twelve cooking myths put to the test.
- A cautious look at the fasting-mimicking diet after 60.

About the author

Patrick von Meiss holds an engineering degree in microtechnology from EPFL and a postgraduate degree in industrial management from ETH Zurich. He has led industrial and medical technology companies in French-speaking Switzerland. He wrote this book for his own generation: a clear, fully referenced guide that refuses to follow fads.

Book details

Title	*Stay Strong, Eat Smart After 60*
Subtitle	Diet, Muscles and Supplements: The Guide for Seniors based on over 250 Scientific Studies
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Format	Hardback, A4, [number] pages, full colour
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eBook (EPUB)	7,99 €
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Review copies, high-resolution images and extracts are available on request or from the media area of the website restez-fort.p-vonmeiss.workers.dev.