

PREVIEW_ Does Fitness Equal Health_ - Mark Cucuzzella (FL JAN 2017)

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Mark Cucuzzella: I don't know what my genetics will be for longevity, but I do know that I want to live long and drop dead. So it's called, "the breath of life", not "the length of life". So I want to be healthy. Now if my goal is to perform well in sport, which is really enjoyment, if I'm not healthy, I can't perform well.

So I think foundationally I believe if we can create healthy machines, healthy athletes in mind and body, though achieve close to their peak fitness goal, but the striving for that peak fitness goal might come at the expense of your health, injury, burnout, adrenal fatigue, worsening of insulin resistance, cortisol stress.

So the foundation is healthy first and then you're safe to get fit, because you know I've had friends who have gone out for runs and have not come home.