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Consider restorative exercises like yoga to keep your muscles limber and resilient, and don't underestimate the power of stretching. If you're feeling extra sore in specific spots, foam rolling is a great way to target and relieve trigger points.

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MYOS RENS Technology Inc. (MYOS), "The Muscle Health Company", is a Cedar Knolls, NJ-based advanced nutrition company that develops and markets products that improve muscle health and performance.

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CEDAR KNOLLS, N.J., Sept. 9, 2020 /PRNewswire/ -- MYOS RENS Technology, Inc. ("MYOS") (NASDAQ: MYOS), "The Muscle Health Company" and owner of the advanced nutrition supplement Fortetropin®, announced today that it has hired The S3 Agency (S3). The Boonton-based creative agency will be executing an integrated public relations-social media campaign designed to educate the public about ...

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