

METABOLIC HEALTH

What It Is and Why It Matters

WHAT IS METABOLIC HEALTH?

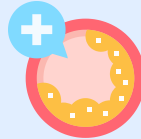
Metabolic health refers to how well your body processes and uses energy. Poor metabolic health increases your risk of diabetes, heart disease, stroke, and cognitive decline. When your metabolism is functioning properly, your body can regulate:



Blood Sugar



Blood Pressure

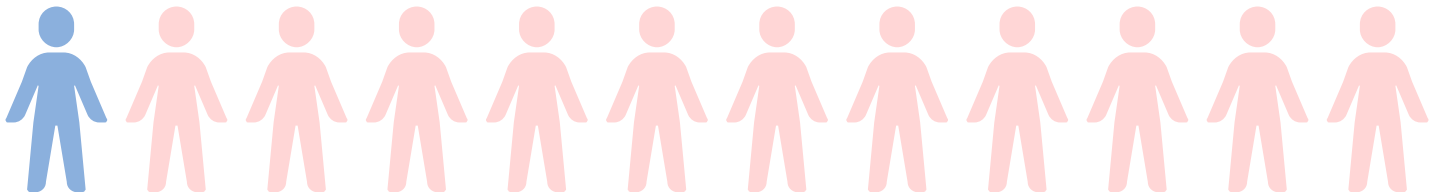


Cholesterol Levels



Weight

ONLY 1 IN 12 U.S. ADULTS ARE CONSIDERED METABOLICALLY HEALTHY



HEALTHY RANGES

- Waist circumference below 40" (M) / 35" (W)
- Blood pressure under 120/80 without medication
- Fasting blood sugar below 100 mg/dL
- Triglycerides below 150 mg/dL
- HDL above 40 mg/dL (M) / 50 mg/dL (W)

POSSIBLE RED FLAGS

- Persistent fatigue or brain fog
- Excess belly fat or unexplained weight gain
- Strong sugar or carb cravings
- Trouble sleeping or waking unrefreshed
- Difficulty concentrating

DAILY HABITS TO IMPROVE METABOLIC HEALTH

Eat Whole Foods

Focus on fiber-rich vegetables, healthy fats, and quality protein. Limit added sugars and refined grains. Don't forget to also stay hydrated during the day.

Move Your Body Daily

Include both aerobic activity and strength exercises when possible. Even brisk walking can help regulate blood sugar and metabolism.



Get Restorative Sleep

Aim for 7–9 hours of high-quality sleep. Good sleep supports hormones, reduces cravings, and improves insulin sensitivity.

Manage Stress

Chronic stress impacts blood sugar and hormones. Try meditation, deep breathing, or time outdoors to keep cortisol in check.