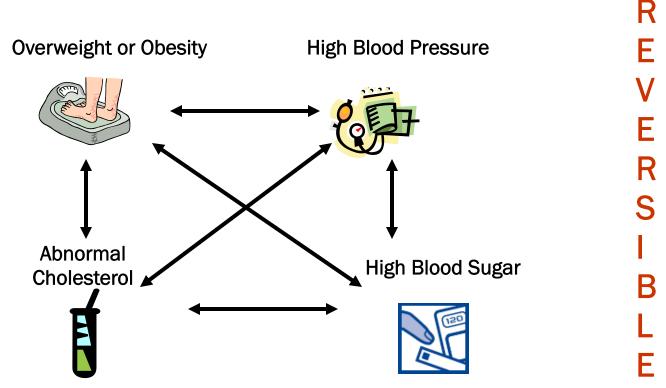
Metabolic Syndrome

What is it?

A Combination of the Factors below:



Ask your Doctor and Know Your Numbers:



Weight _____



Blood Pressure _____

Cholesterol Trig

HDL



Fasting Blood Sugar –

What to Do:



1. Keep Active



Maintain a Healthy Weight



3. Eat Healthy



4. Medication If Needed

Consequences of Metabolic Syndrome:

- 1. Heart Disease
- 2. Diabetes
- 3. Physical Limitations
- 4. Increased medical problems and costs
- 5. Stress and fatigue

Results of Avoiding or Reversing Metabolic Syndrome:

- 1. Feeling better
- 2. Living longer
- 3. Greater physical abilities
- 4. Fewer medical problems and costs
- 5. Less stress and more energy