

Metabolic Syndrome

What is it?

A Combination of the Factors below:

Overweight or Obesity

High Blood Pressure



Abnormal Cholesterol

High Blood Sugar



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Ask your Doctor and Know Your Numbers:



Weight _____



Blood Pressure _____



Cholesterol _____

Trig _____

HDL _____



Fasting Blood Sugar _____

What to Do:



1. Keep Active



2. 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