

# FOUNDATIONAL INFO

## METABOLISM me·tab·o·lism/mə'tabə,lizəm

Your metabolism is more than just the calories you burn. It is your very own **personal chemistry**. Your metabolism is the orchestra of your liver, thyroid, gastrointestinal tract, adrenal glands, pancreas, the water you drink, food you eat, oxygen you breathe, genetics you've been given and the environment you live in.

www.healthylivinghowto.com

## WHAT IS "GOOD" METABOLIC HEALTH?

**BLOOD PRESSURE** ✓  
120/80 or less

**FASTING GLUCOSE** ✓  
Less than 100mg/dL

**TRIGLYCERIDES** ✓  
Less than 150 mg/dL

✓ **WAIST CIRCUMFERENCE**  
Men = Less than 40 in  
Women = Less than 34 in

✓ **HDL CHOLESTEROL**  
Greater than 50mg/dL  
without medication

✓ **HEMOGLOBIN A1C**  
Less than 5.7%

### Blood glucose

Experts now concur that even mildly elevated glucose (blood sugar) levels should set off alarm bells for the development of type 2 diabetes.

### Blood pressure

Your blood pressure numbers indicate the force your blood exerts against the walls of your arteries. When that force is too great for too long, it can damage the heart.

### High-density lipoprotein (HDL) cholesterol

Nicknamed "good" cholesterol, HDL cholesterol molecules strip buildup from your artery walls and transport cholesterol back to your liver where it can be cleared from your body.

### Triglycerides

This is another type of fat molecule found in the bloodstream. Studies link increased levels of triglycerides to a higher risk of heart disease.

### Waist circumference

It appears that carrying excess fat in the stomach area, rather than on the hips or thighs, can make a person more likely to develop heart disease.

"Metabolic health" refers to how well your body generates and processes energy from the food you eat, impacting your risk for conditions like heart disease, diabetes, and stroke. It's assessed by examining five key factors: **waist circumference, blood pressure, blood sugar levels, cholesterol levels, and triglyceride levels**. When **three or more** of these factors are outside healthy ranges, it may indicate **metabolic syndrome**.

5

## Little Ways to Sneak in Exercise at Work (Without Looking Silly)



Between hectic work schedules and busy personal lives, it can feel impossible to fit in exercise. But you're not doing yourself any favors by staying seated at your desk and never hitting the gym.

In fact, when you neglect exercise, you're putting both your physical and your mental health at risk, which can

negatively impact your productivity and effectiveness at work.

If you work exercise into your daily routine, you can improve both your productivity and health – without taking too much time out of your schedule.

Here are a few ideas to get you started:

### 1. Make Your Commute a Workout

Try speed walking, jogging, or cycling to work instead of driving or taking public transportation. Be sure to check for the best and safest routes in your location and dress properly for the weather.



### 2. Work Out During Lunch

If you can't work out before or after work, lunchtime is your best bet for fitting a workout into your busy schedule. If your office has a gym, you have a lot of workout options. If not, you might opt to go for a half-hour run or a speed walk around your neighborhood or in a nearby mall.



### 3. Take "Active Breaks" Throughout The Day

Taking short breaks to be active, even if you're just walking, will help you shed extra calories and help you concentrate during the time when you are working. When you reach a breaking point, make a point of moving around – like a 10-minute walk around your building, or up and down the stairs – instead of sitting at your desk checking email.



### 4. Speed Walk Your Errands

Try speed walking your errands. This is an easy way to make movement a natural part of your day, and it means having a lot of errands to run won't cause you to miss a workout.



### 5. Take The Long Way

Take the long way when you have a few moments to spare. This might mean taking the stairs instead of the elevator, parking further away from your office, or going to the bathroom that's across the building instead of right by your desk.



## Green Tea

### HEALTH BENEFITS

### MEDICINAL PROPERTIES

Antioxidant, Stimulant

### Main Applications

- Enhancing energy levels
- Lowering cholesterol

### Supportive Compounds

- Caffeine
- Catechins
- Flavonoids

### Medicinal Actions

Like all varieties of tea plant, green tea contains **caffeine**, an alkaloid that **enhances energy levels and alertness** by blocking adenosine receptors in the brain. **Catechins** are antioxidant phenols that speed up the metabolism, whereas **flavonols** help **reduce harmful cholesterol levels**.

## Improve Your Metabolic Health with These 11 Tips

- Drink more water
- Spend less time sitting
- Embrace strength training
- Eat more protein
- Brew some green or oolong tea
- Try a high-intensity workout
- Experiment with low-carb eating
- Prioritize sleep
- Abstain from cigarettes
- Avoid food preservatives
- Take an essential amino acid supplement



## THE POWER OF PROTEIN

Are you getting enough?

Experts agree that protein needs increase with pregnancy, exercise, illness and age. In fact, adults 65+ may need up to 2x more protein than younger adults to maintain muscle for strength and energy.<sup>1-4</sup>

