

## Do You Have Metabolic Syndrome?

### What is Metabolic Syndrome—and Why Does it Matter?

Metabolic syndrome is a cluster of conditions that occur together, significantly increasing your risk of heart disease, stroke, and type 2 diabetes. These conditions include high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels.

World-leading cardiologist Dr. Aseem Malhotra has helped shine a spotlight on the importance of identifying these risk factors early. He compiled this simple yet powerful checklist to help you assess your metabolic health at home. ( see next page)

If you have three or more of the criteria outside of the healthy range below, it could be a sign that you're living with metabolic syndrome.

### The Good News?

You Can Turn It Around.

With the right nutrition and a focused exercise plan, metabolic syndrome can be reversed. Join one of my 6-Week Challenges to kickstart your transformation with:

- A tailored nutrition plan
- Delicious, easy-to-follow recipes
- Targeted workouts to restore metabolic health

Ready to take control of your health? Join the next 6-Week Challenge today and feel the difference. See my website for details or email me at: [info@jen-thehealthcoach.com](mailto:info@jen-thehealthcoach.com)

## Metabolic Syndrome Criteria with Healthy Measurement Ranges:

### 1. **Waist Circumference**

- Men: Less than 94 cm (37 inches)
- Women: Less than 80 cm (31.5 inches)
- Higher measurements indicate central obesity, a major risk factor for metabolic syndrome.

### 2. **Blood Pressure**

- Normal: Below 130/85 mmHg
- Higher readings may suggest hypertension, which raises cardiovascular risk.

### 3. **Fasting Blood Glucose**

- Normal: Below 5.6 mmol/L (100 mg/dL)
- Levels between 5.6–6.9 mmol/L (100–125 mg/dL) indicate prediabetes; 7.0 mmol/L (126 mg/dL) or above signals diabetes.

### 4. **Triglycerides**

- Normal: Below 1.7 mmol/L (150 mg/dL)
- Elevated triglycerides often reflect insulin resistance and are a key marker of metabolic dysfunction.

### 5. **HDL Cholesterol**

- Men: Above 1.0 mmol/L (40 mg/dL)
- Women: Above 1.3 mmol/L (50 mg/dL)
- Low HDL levels can signal increased cardiovascular risk and poor lipid metabolism.