



St. Jude Wellness Center Presents:
Metabolic Syndrome

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A Riddle:

- One in 3 Americans has it.
- Risk increases with age. More than 40% of those over 60 years old have it.
- It has many different names.
- Most people who have diabetes also have it.
- 22% of Americans who are NOT overweight or obese have it.
- AHA estimates it will soon be the main risk factor for cardiovascular disease, ahead of smoking.
- It's primary risk factors are ALL modifiable and mostly preventable.

What is it?

METABOLIC SYNDROME

Cluster of health conditions

WC > 40" men
WC > 35" women



VISCERAL OBESITY



HYPERTENSION

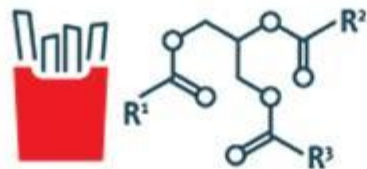


INSULIN RESISTANCE

BP > 130/85 or on
BP Meds

Fasting BG >100 or
on BG meds

TG > 150

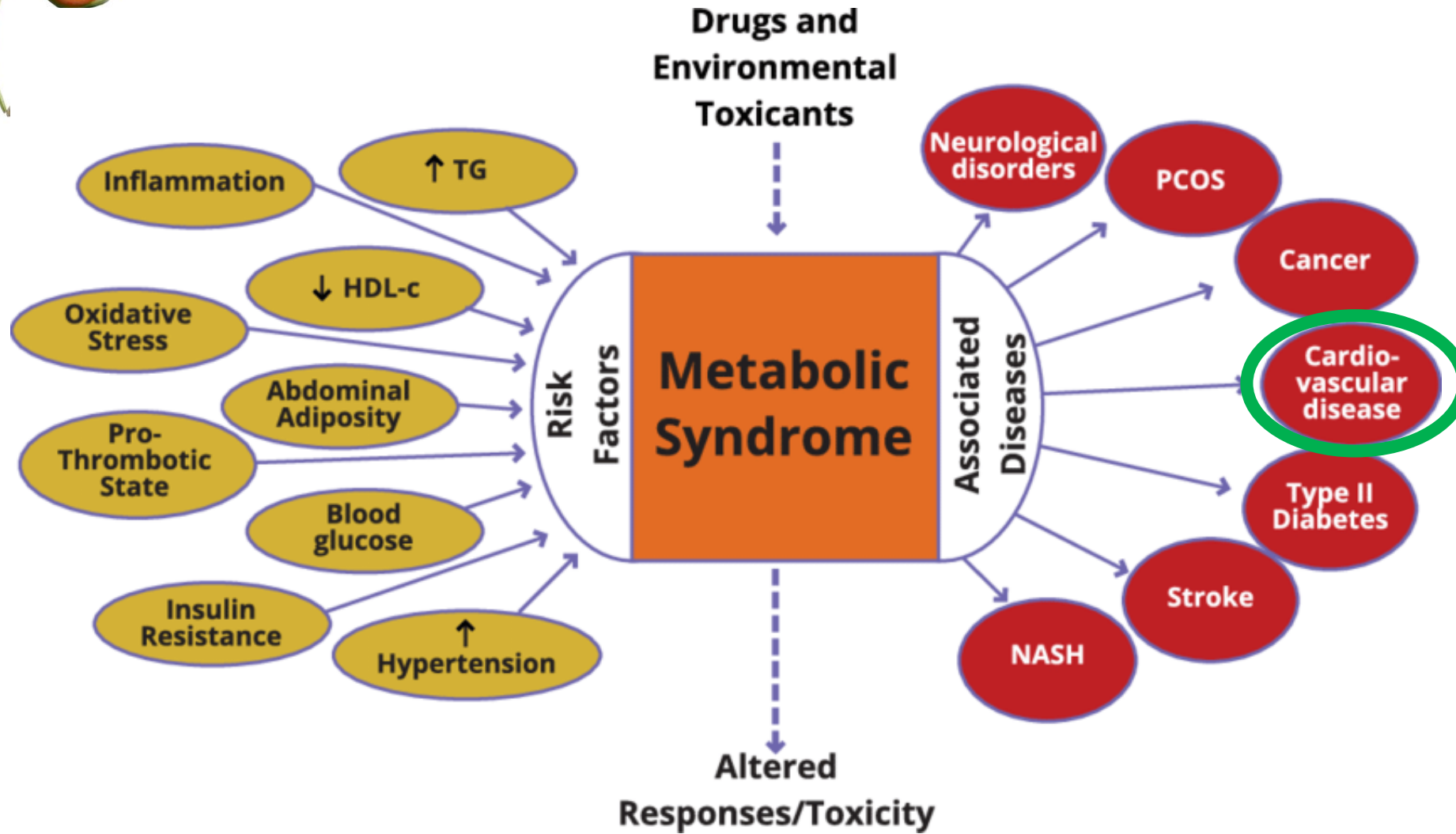


HIGH TRIGLYCERIDES



LOW HDL-CHOLESTEROL

HDL < 40 men
HDL < 50 women



One risk factor = 4-fold increased risk.

All 5 risk factors = 60-fold increased risk!

Lifestyle Strategy Goals

1. Improve body composition

- Waist circumference, visceral fat, muscle

2. Improve lipid profile

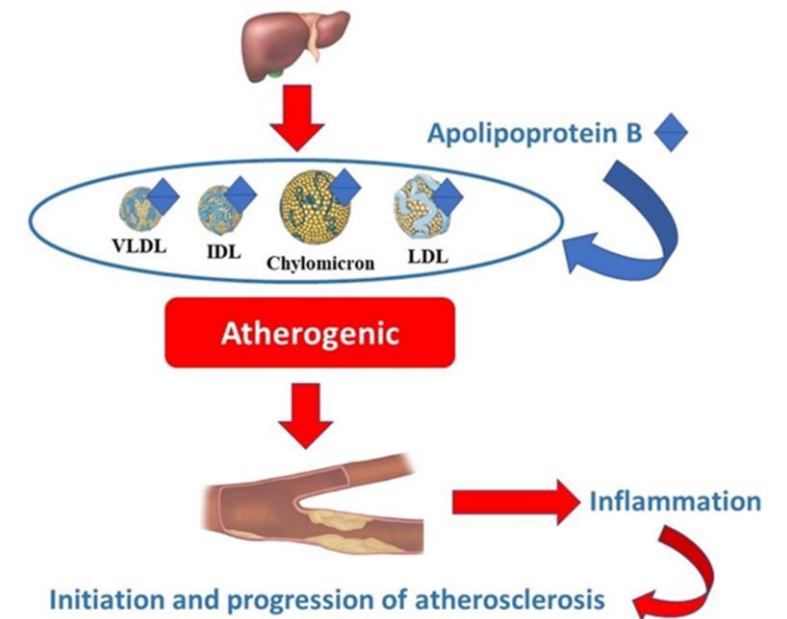
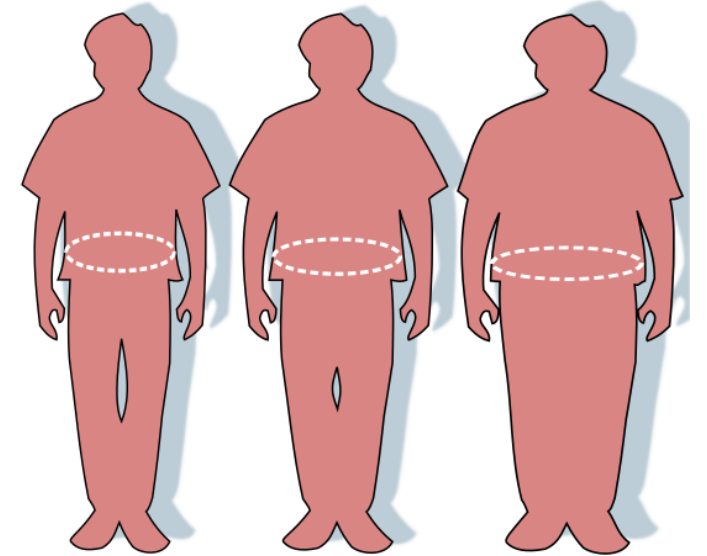
- Triglycerides, HDL, apoB

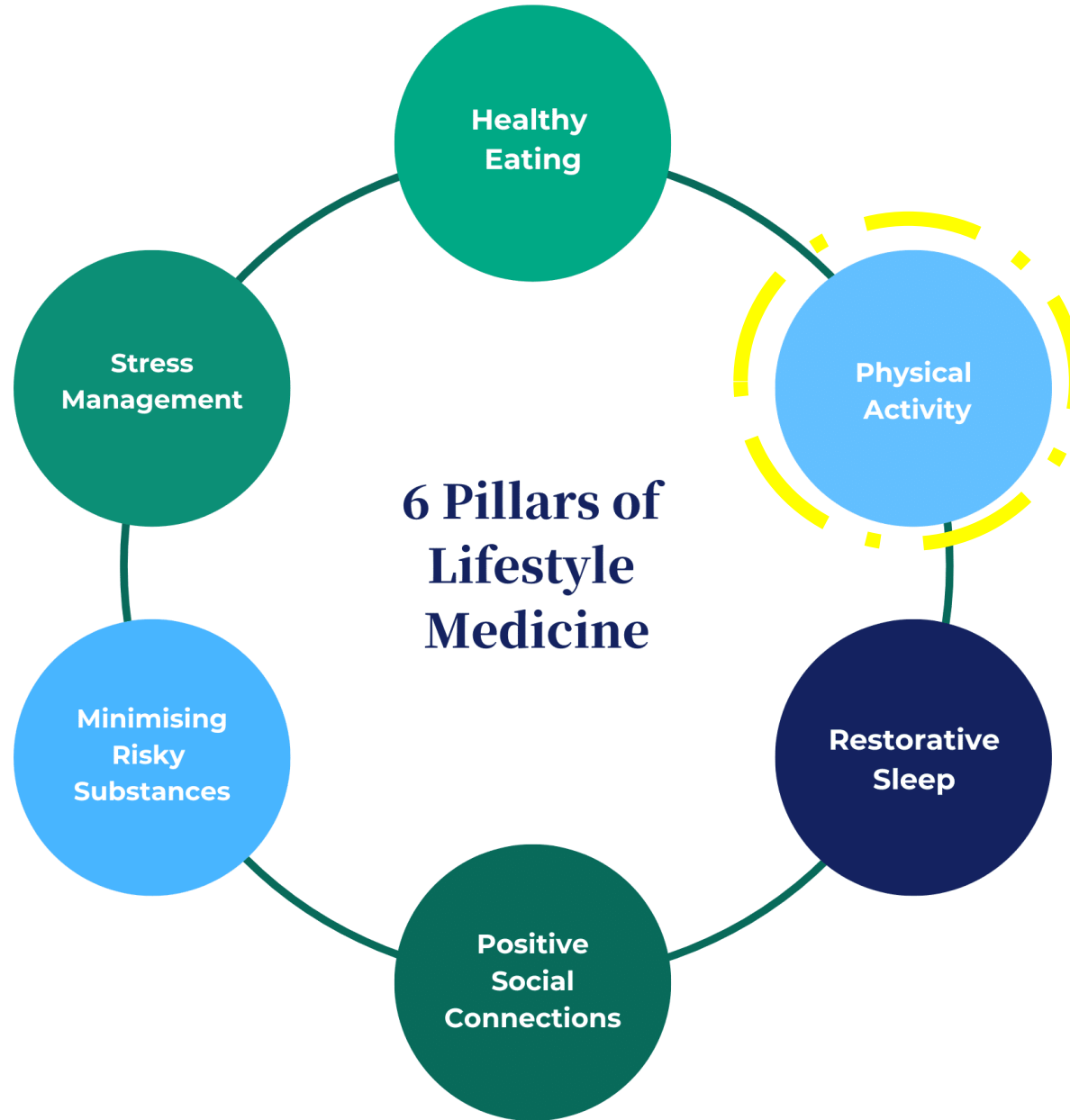
3. Improve blood sugar & insulin sensitivity

- Fasting blood sugar, continuous blood sugar, HbA1C, insulin

4. Reduce chronic inflammation

- CRP





Aerobic Exercise

Zone 2

- 150 minutes per week
 - 30min x6 days
 - 35min x 5 days
 - 45min x 4 days
 - **GOAL: find joyful movement that increases heart rate**



High Intensity

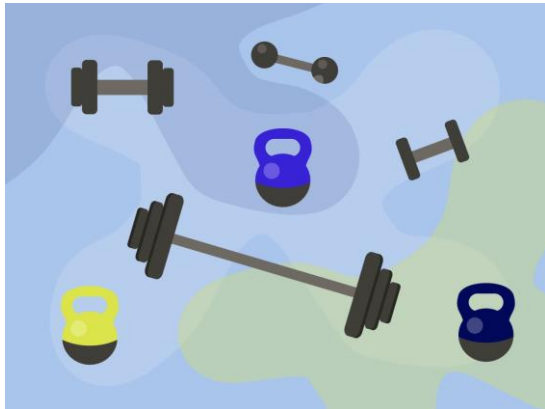
- 1-2x per week
 - 15-30 second sprints with 30-60 minute recovery
 - 2-6 rounds
 - **GOAL: get breathless for SHORT bouts**



Resistance Training

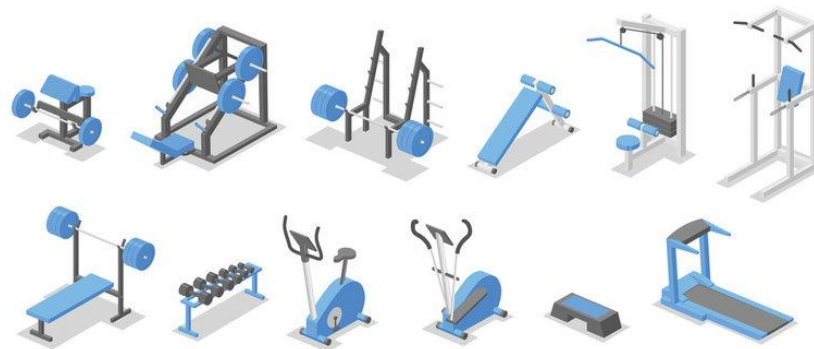
Muscle Mass

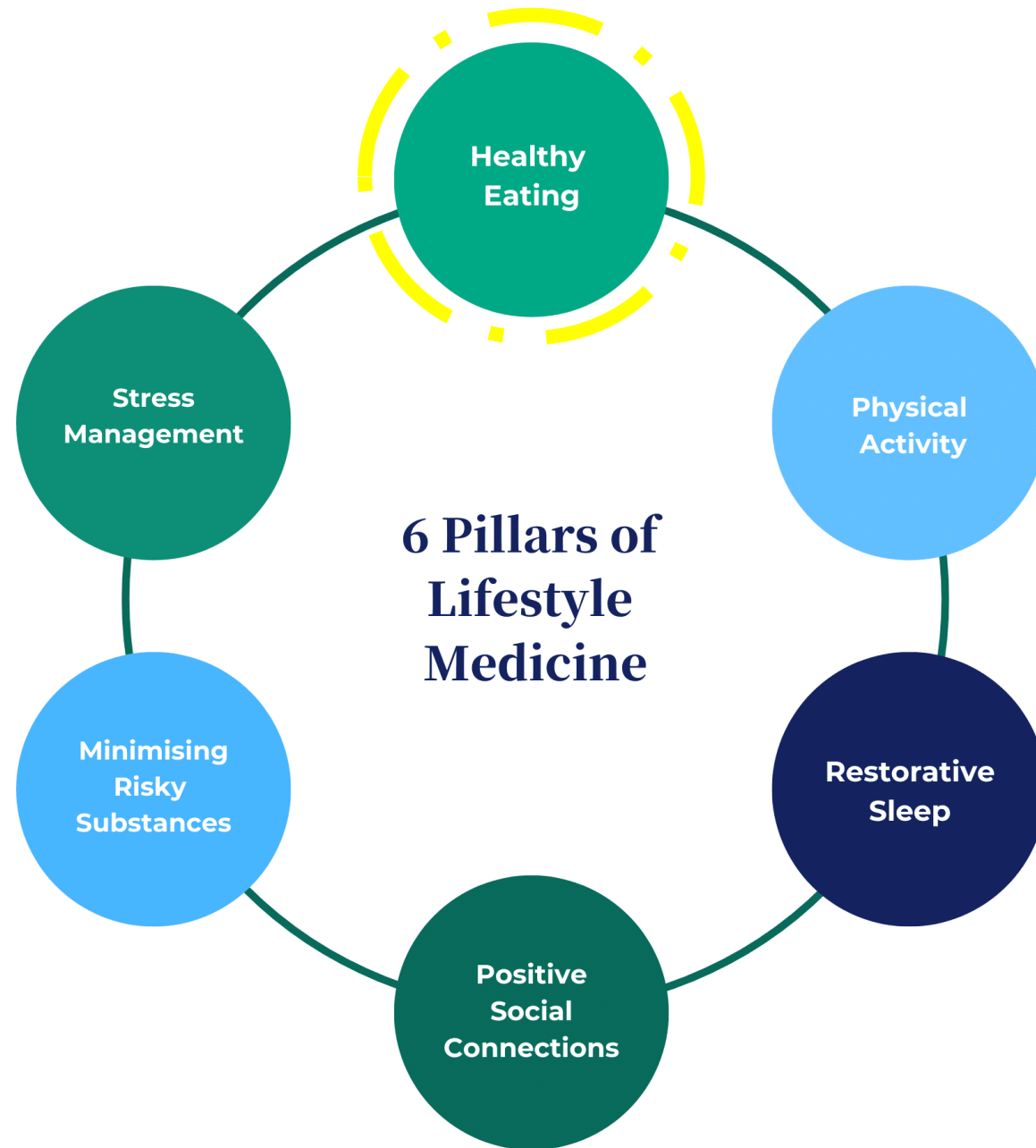
- Each muscle group 1-2x per week
- 2-3 days per week minimum
- Guidelines for sets:
 - 6-12 reps per set, 2-4 sets
 - Get to “almost failure” (ie only 1-2 more in you)

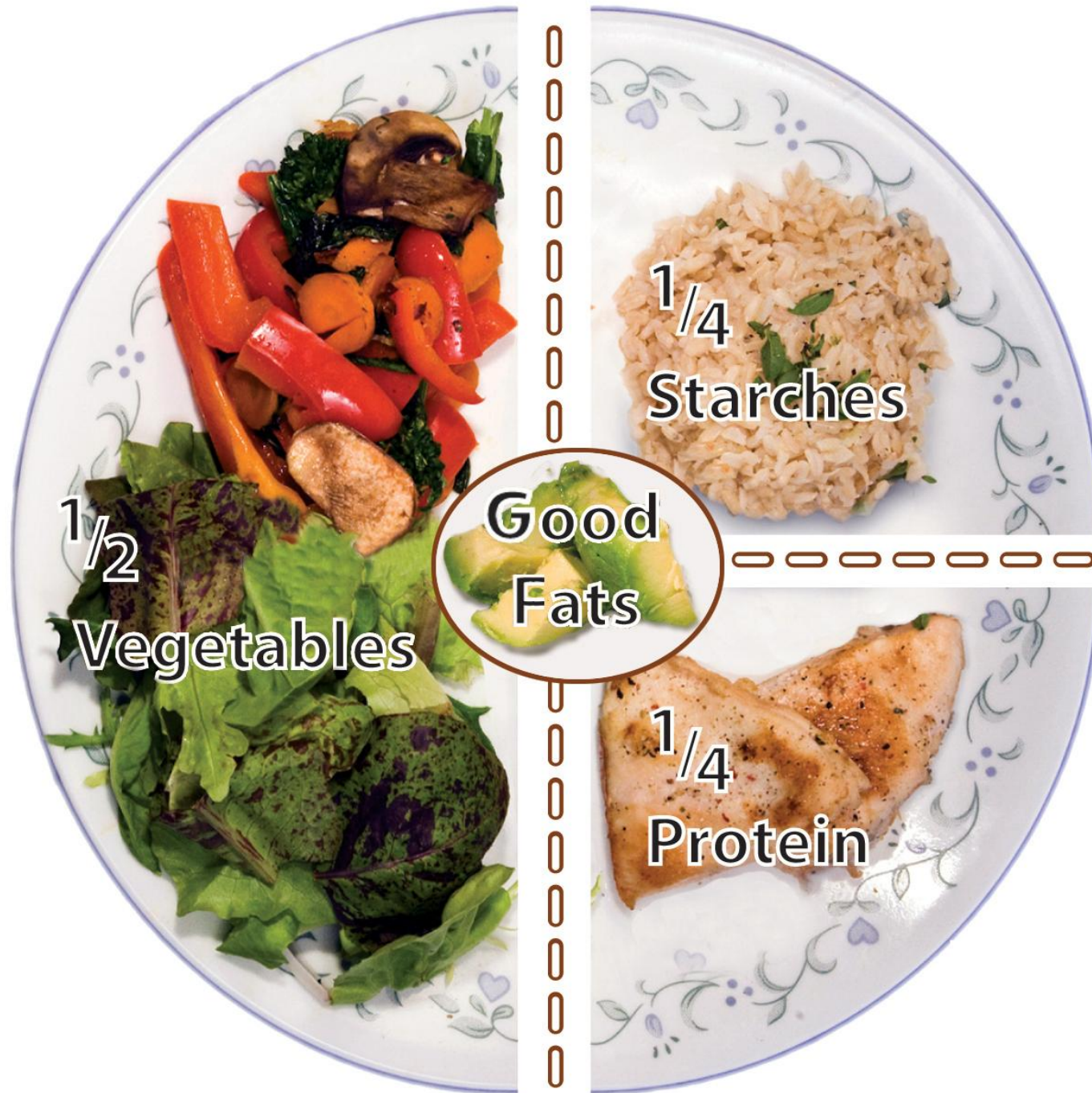


Strength & Mobility

- Grip Strength: hangs, farmers carry, squeeze handles on weights/machines
- Push/Pull: push ups, pull ups, row machine, chest press
- Hip Hinge: squats, lunges, dead lift
- Core & Pelvic Floor: breath, kegels, Pilates, hula hoop
- Stretch, movement in all planes, consistent movement







Nutrition Strategies

Carbs = Fiber

- **Know what counts as a starch:**
 - Fruit
 - Starchy Veg
 - Grains
 - Grain products
 - Sugar/sweeteners
- **Less refined/processed grains, More fiber (25g per day)**
- **Read labels for:**
 - >3g fiber per serving
 - <4g added sugar per serving
- **Sweeten your own foods:**
 - Coconut sugar, date syrup, raw honey, Allulose, monkfruit, stevia

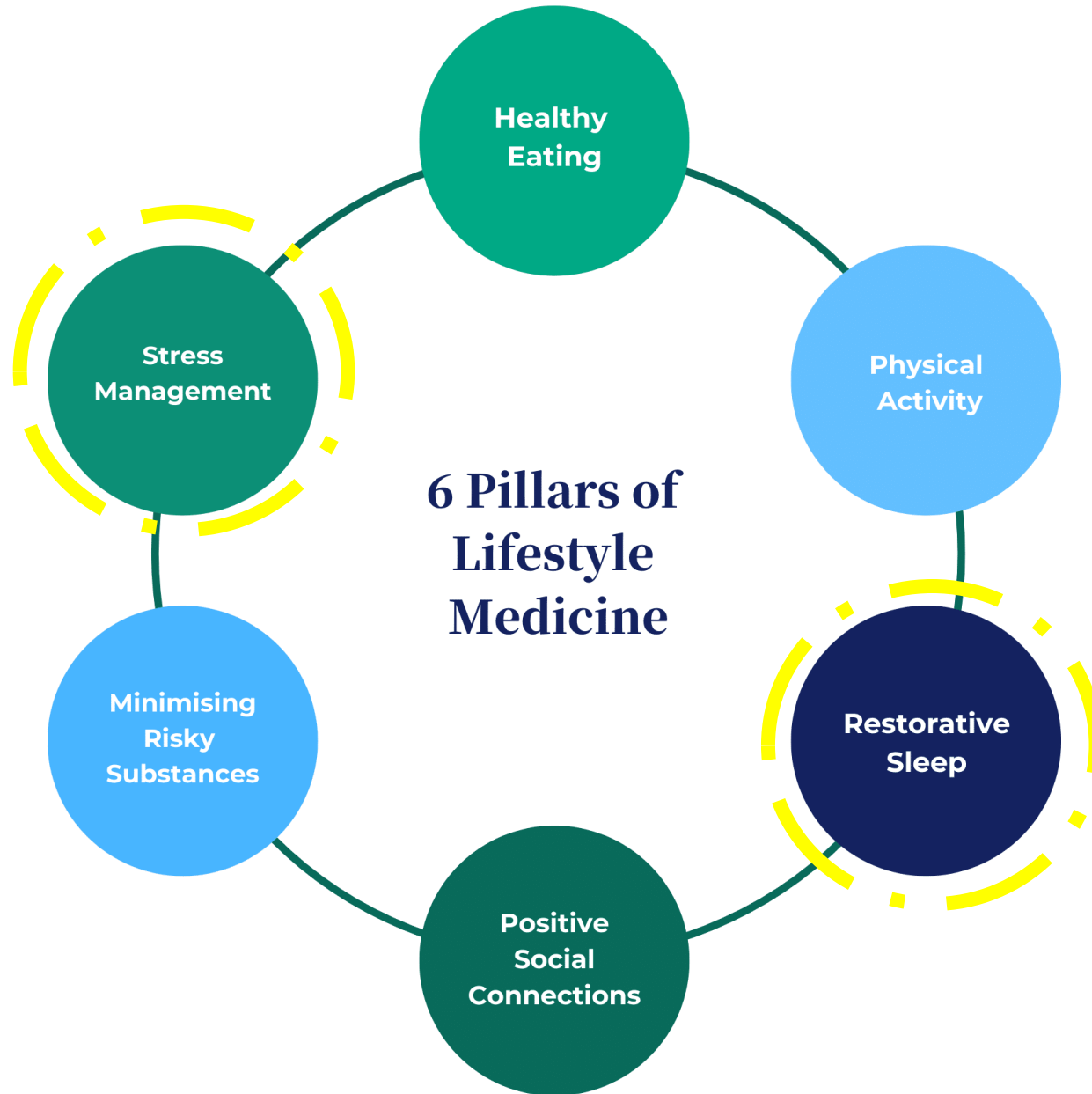
Protein

- **1.2-1.6g/kg/day**
 - 20-30g per meal
- **Focus on lean sources** with less sat fat (poultry, fish, egg, pork, lamb, bison, grass-fed, dairy)
- **Focus on omega-3 sources** (fatty fish, egg)
- **Focus on plant sources with more complete proteins** (soy, legumes, seeds)

Fat

- **Focus on whole food fats** (avocado, nuts, seeds, olives, fatty fish)
- **Source Matters:**
 - Majority of fat (60% or more) should be from monounsaturated fats (olive/oil, avocado/oil, nuts/oils)
 - 10-20% from polyunsaturated fats (fish, peanuts, seed oils)
 - Remainder from saturated fats (coconut/oil, animal fat, dairy)

"Fiber Maxxing"



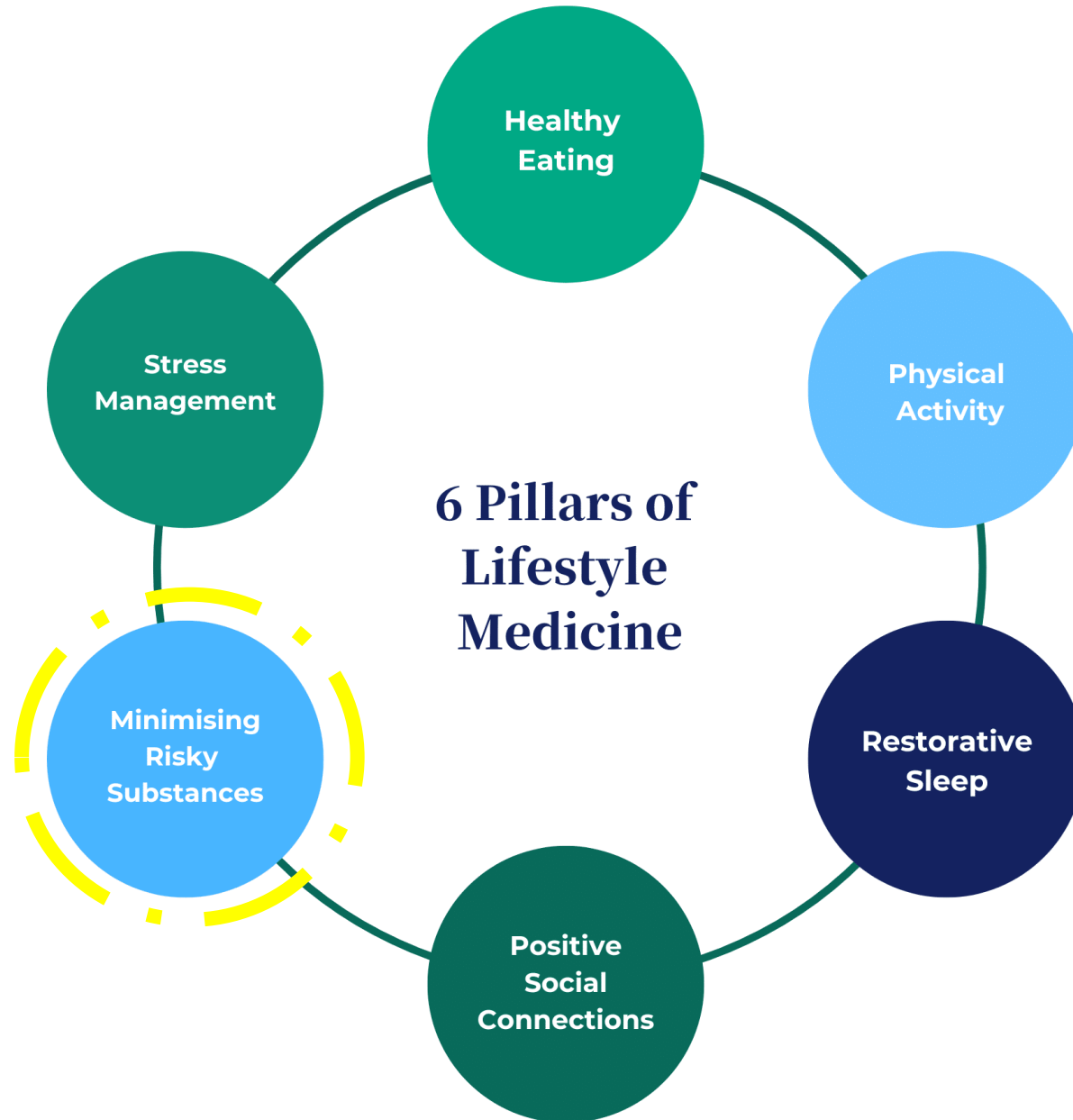
Strategies for Sleep & Stress

Sleep

- 7-9 hours per night
- Consistent sleep and wake times
- Daytime light exposure
- Sleep Environment: dark, cool, quiet or white noise
- Bedtime routine
 - No food 2 hours before bed
 - No blue light 1 hour before bed
 - Consistent relaxation routine
 - Get negative or churning thoughts out of your head

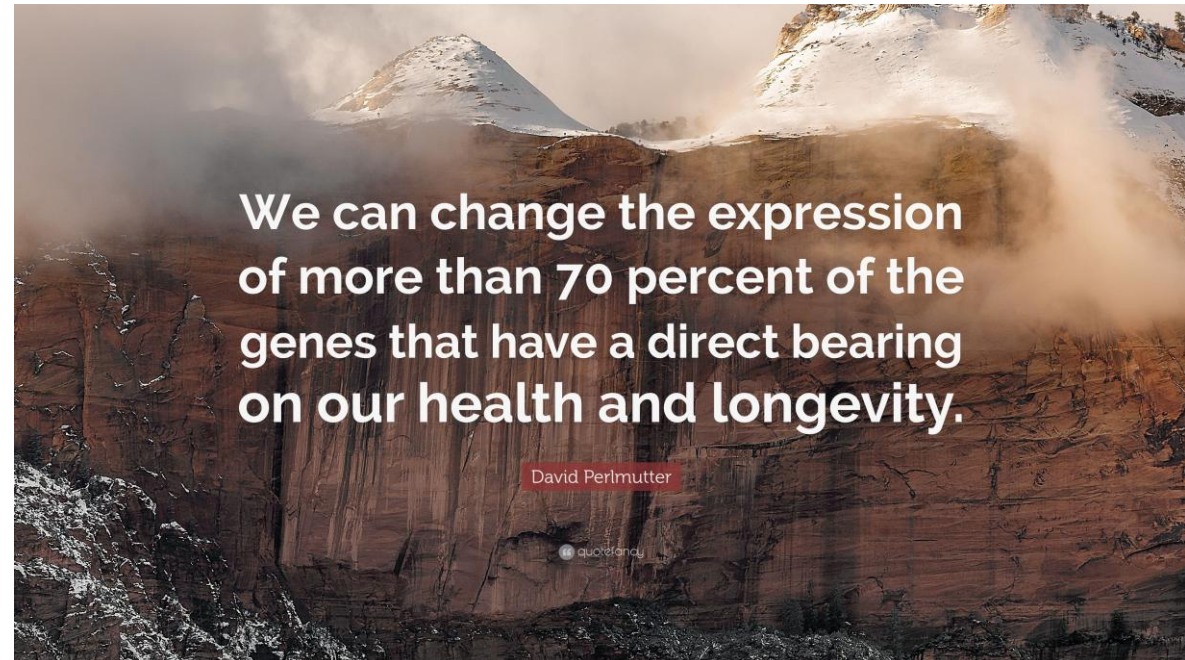
Stress

- Breath practice
- Gratitude practice
- Social interactions daily
- Play
- Laugh
- Physical contact
- Minimize social media
- Light and outdoor exposure
- Goal setting and achievement
- Help others



Other Risk Factors of Metabolic Syndrome

- Age
 - **Women should ask about HRT at perimenopause**
- **Smoking**
- **Heavy alcohol use**
- Ethnicity
- Family history



Join Us!

*Strength in Motion Fundamentals: 6/16 at 1pm
for 6 weeks

*Virtual Cooking Class: 6/17 at 11am

*Sound Bath: 6/17 at 5:30pm

*Gait & Movement Mechanics: 6/19 at 1:30pm

stjudewellnesscenter.org

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