



Take Charge of Your Metabolic Health

REACH YOUR FULL POTENTIAL

WITH ESPYR



Date: August 2, 2023

Presented by: Stacy Briggs-Dyer

espyr®

Welcome and Introduction

Stacy Briggs-Dyer

- Education: M.S. Health Administration, B.A. Sport Management and Wellness, AAS Sport Fitness Management. Certified Health and Wellness Coach, and Certified Personal Trainer.
- Disclaimer: All information in this presentation is for informational purposes only and you should consult your personal physician before starting any new exercise or nutrition programs.

AGENDA

- What is metabolic health?
- Why is it important?
- How can you improve your metabolic health?
- What benefits can improve metabolic health provide?
- How can you succeed?

Metabolic Health Defined

The 5 Measurements of Metabolic Health

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.

Your body can digest and correctly utilize nutrients from the food you eat without extreme or unhealthy spikes in insulin, blood sugar (glucose), blood fat (triglycerides), blood pressure or inflammation.

espyr®

Metabolic Health Components

Food Choices

Metabolism

Microbiome

Exercise

Sleep

Mental Health

Here is why metabolic health matters

Metabolism is the set of cellular mechanisms that produce energy from our food and environment to power every process in the human body.

Glucose is a primary precursor for energy in the body and needs to be tightly regulated for metabolism to work effectively.

Poor metabolic health is associated with worse brain function, energy, memory, mood, skin health, fertility, and risk for chronic disease.

As a country, our metabolic health is poor, with 88% of the American population displaying at least some metabolic dysfunction.

Metabolic dysfunction underlies most chronic diseases.



The How

How Can I Improve my Metabolic Health?



Nutrition and Movement Strategies



Increase water intake: Water helps the body burn fat, increases metabolic rate, suppresses appetite, helps your body release fat cells, flushes toxins, and reduces other liquid calorie intake.

Nutrition and Movement Strategies



Walk after meals:

Muscles need glucose so walking after eating helps clear sugar from the blood stream and lower blood glucose responses after eating.

Nutrition and Movement Strategies

Try intermittent fasting by reducing your daily eating window.

Intermittent fasting is an eating pattern that involves alternating periods of fasting and eating. There are several different methods of intermittent fasting but one of the most popular approaches is the 16/8 method where you fast for 16 hours and have an 8-hour eating window or 12/12 where you fast for 12 hours and have a 12 hour eating window.

*Disclaimer: Intermittent fasting is not appropriate for everyone and you should speak to your primary care physician before starting anything new



Nutrition and Movement Strategies

Reduce intake of fast digesting carbohydrates, these contain more simple carbs and less fiber.

Tips for sugar reduction:

- Read food labels: pay attention to the sugar content listed on food labels
- Cut back on sugary beverages
- Choose whole foods like fruits, vegetables, lean proteins, whole grains, and healthy fats
- Stay hydrated: Sometimes, cravings for sugar can be a result of dehydration
- Replace white rice with brown rice (same for bread)
- Focus on high fiber food, ratios of 10:1 for carb to fiber is a good goal
- Tracking what you eat: example -MyFitnessPal

Nutrition and Movement Strategies

Delayed carbohydrate intake after protein:

Studies from Weill Cornell Medical College have shown that the order in which different types of food are consumed has a significant impact on post meal glucose and insulin levels.



Mindfulness and Stress Management Strategies

Sleep Hygiene: focus on getting eight hours of sleep a night, reduce blue light exposure before bed, and have a consistent bedtime and wakeup routine.

Mindfulness and Stress Management Strategies

Mindfulness practice: can help with improved food choices, recognition of hunger and satiety cues, stress reduction and improved mental health.

Mindfulness and Stress Management Strategies

Self care: find activities that you enjoy to add into your daily, weekly or monthly routines.

Main Takeaway

We (on average) eat nearly

10X

more sugar per day than we
did 100 years ago

Metabolic health can be improved by consistently making choices that keep glucose levels in a stable and healthy range and minimize large glucose swings.

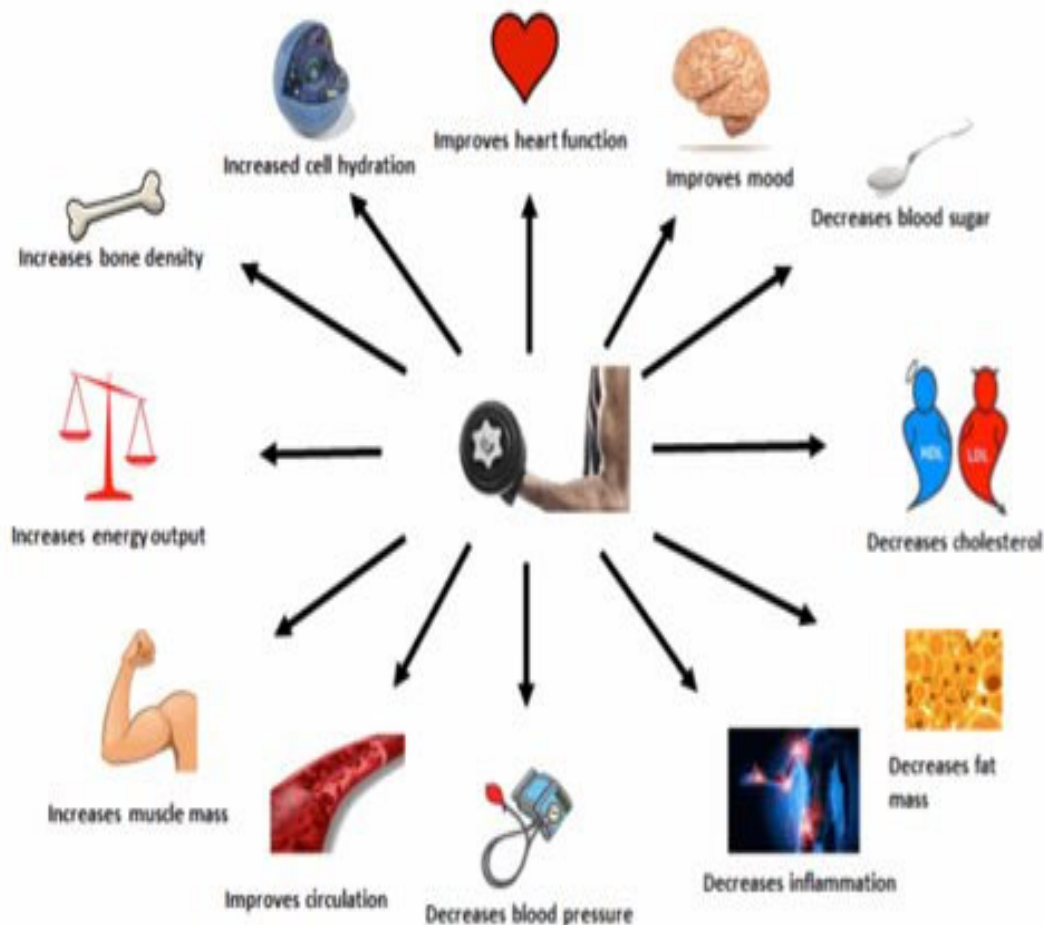


The Why

Why should you work on your metabolic health?



Disease Prevention



Reduction of inflammation

Decrease blood pressure

Decrease triglycerides

Improved insulin response (decrease insulin sensitivity)

Decrease LDL/Increase HDL

Lowers risk of developing type 2 diabetes, stroke and heart disease

Reduce Risk of Metabolic Syndrome

The opposite of metabolic health is what is known as metabolic syndrome where people have three or more of the following traits:

- A waistline of 35 inches for women and 40 inches for men
- Fasting glucose above 100 mg/dL
- HDL cholesterol less than 40 mg/dL
- Triglycerides above 150 mg/dL
- High blood pressure (130/85 or higher)

Higher Quality of Life

Improved
mood

Improved
mental health

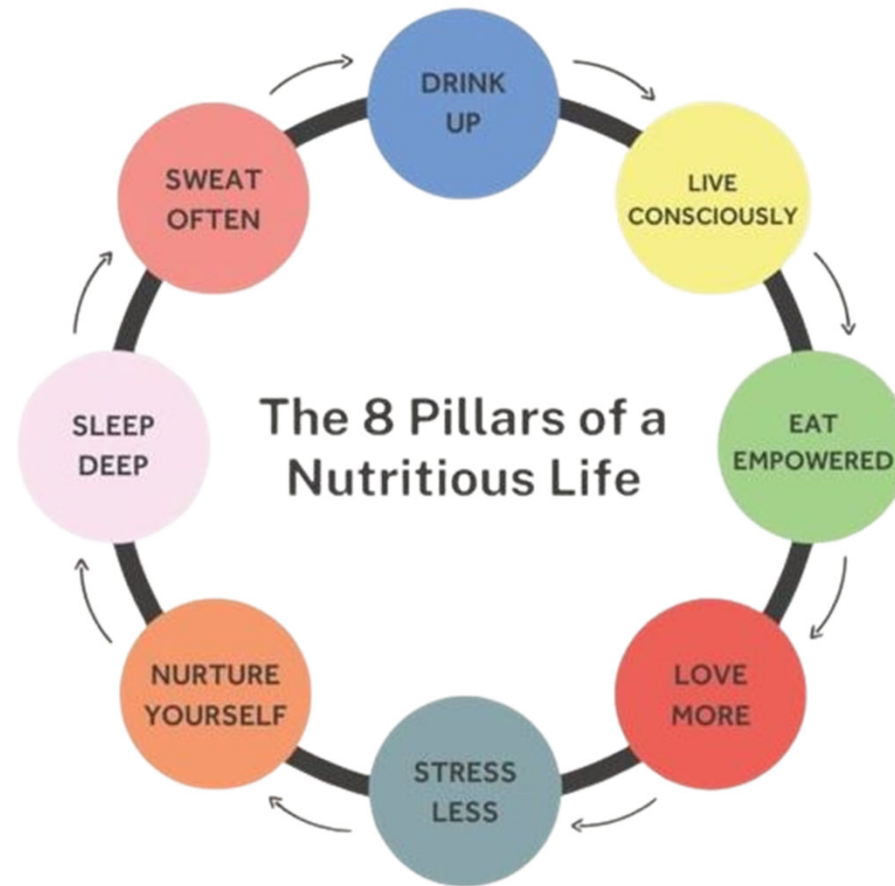
Improved
stress
management

Self
confidence

Better
relationships

More energy

How can you succeed?



SET A SMART GOAL



Specific



Measurable



Achievable



Relevant



Time-Based



espyr®

CREATE A HABIT

GOOD HABITS FROM ATOMIC HABITS

make it...

OBVIOUS

-  write your current habits down
-  when / where will you practice your habit?
-  make cues for good habits obvious / visible

ATTRACTIVE

-  pair stuff you wanna do with stuff you need to do
-  join a group where this good habit is normal!
-  do something you like right before the habit

EASY

-  reduce friction
-  try it for only 2 minutes
-  prepare your environment
-  make it automatic

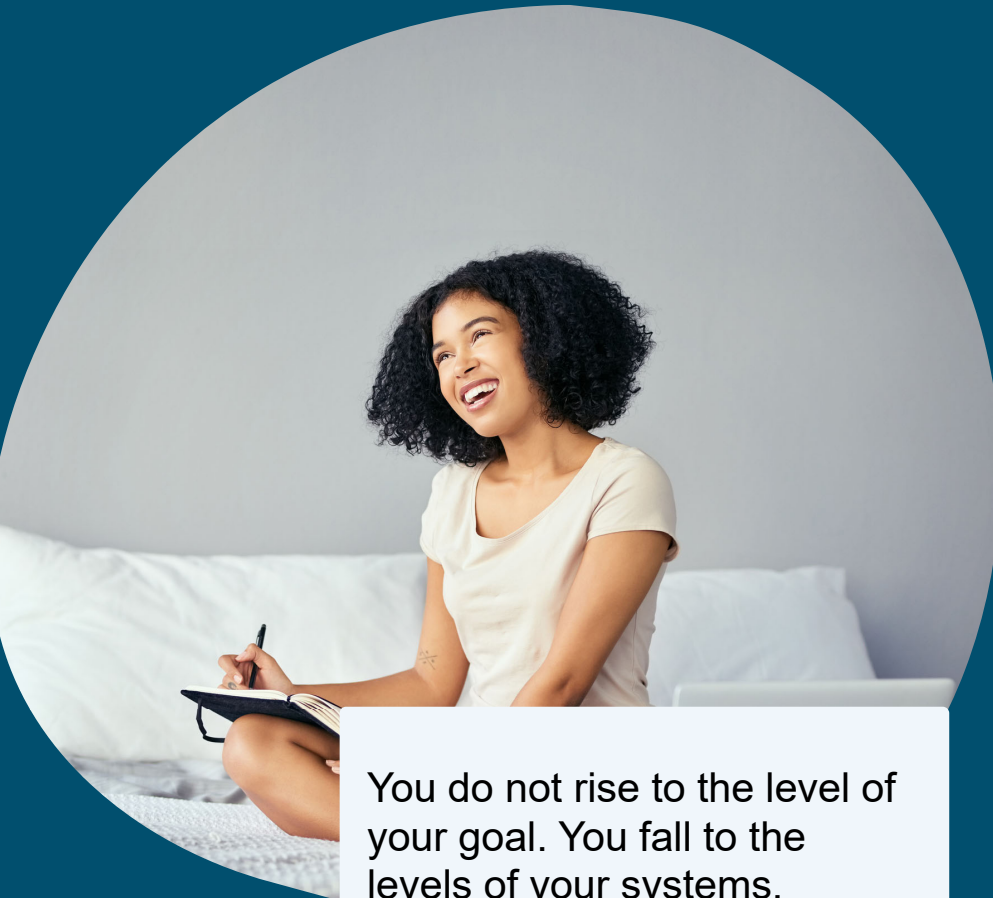
SATISFYING

-  reward yourself after practicing the habit
-  sit with the good feelings
-  track your habits. keep a streak!
-  never miss twice in a row

SYSTEMS



- Once you have set a SMART goal and implemented that goal enough times it becomes a habit
- Repeat the process to add in a new habit
- Eventually you will have an array of habits that are setting you up for success



You do not rise to the level of your goal. You fall to the levels of your systems.

ATOMIC HABITS

Summary

Metabolic health is the concept that each choice we make impacts our health and that all of these choices combined determines our long-term health.

The 5 measures of metabolic health include blood glucose, HDL cholesterol, blood pressure, triglycerides, and waist circumference.

You can improve your metabolic health by trying to keep blood sugar levels stable through intermittent fasting, walking after meals, lower sugar food choices, and eating more protein.

Benefits of improved metabolic health include decreased risk of Metabolic health can be improved by consistently making choices that keep glucose levels in a stable and healthy range and minimize large glucose swings. development of metabolic syndrome, stroke, heart disease and type II diabetes, improved quality of life and mental health.