

November

Metabolic Syndrome and

→ YOU ←



What is it?

Learn how to tell if you're at risk and what you need to know to protect yourself:

- Be more active
- Improve your diet
- Have your insulin levels checked

Your Activity

Know Your Risk Factors

Are you suffering from or at risk for metabolic syndrome? Your first tip is to know the big five risk factors and what they mean. For instance, did you know that excess fat around the stomach is a bigger predictor of coronary heart disease than excess fat stored in other parts of the body? You do now!



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