

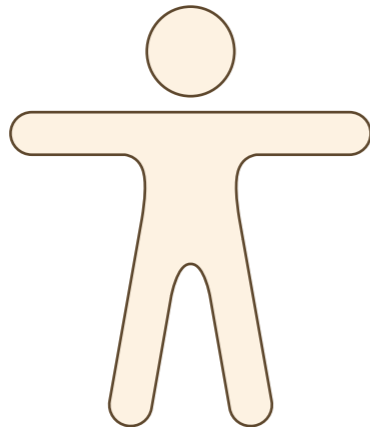
Metabolic health

What influences Metabolic health?

AGE AND RACE

LIGHT QUALITY AND EXPOSURES

EDUCATION LEVEL



BIOLOGICAL SEX

PHYSICAL ACTIVITY LEVEL

CONSUMPTION OF CIGARETTES

What is good Metabolic health?

FASTING GLUCOSE

Less than 100mg/dL



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

120/80 or less



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.

WAIST CIRCUMFERENCE

Men = less than 110 cm
Women = less than 90 cm



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.

HDL CHOLESTEROL

Greater than 50mg/dL
without medication



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

Less than 150mg/dL



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