

HOW TO PREVENT METABOLIC SYNDROME



Know your genetics

- Understand what you have to work against



Keep stress levels low

- Exercise
- Meditate
- Talk it out with friends or family
- Visit a mental health professional



Avoid too much inactivity

- Avoid sitting all day
- Engage in moderate to vigorous exercise several times a week
- Expend at least 1,000 calories a week during exercise

Eat a heart-healthy diet:



Fruit



Vegetables



Whole grains



Soy products



Soluble fiber



Omega-3 fatty acids

Limit your consumption of:



Alcohol



Sodium



Saturated fats



Refined carbohydrates