



# Health Awareness

## Metabolic Syndrome—What It Is, How To Fight It

(NAPSA)—Upwards of 47 million American adults have metabolic syndrome. Never heard of it? Here's a hint—it has to do with metabolism...and how, for many, it doesn't work quite as well as it used to.

It's not a single disease, rather a cluster of health problems that together appear to increase a person's risk for several chronic diseases, including cardiovascular disease and adult-onset diabetes.

The National Institutes of Health defines metabolic syndrome as having three or more of the following conditions: a thick waist, high blood pressure, low HDL (good) cholesterol, insulin/sugar resistance and high blood sugar.

Researchers from "Diabetes Care," a journal published by the American Diabetes Association, see hope in reversing the trend. "To stem the rising tides of obesity and the metabolic syndrome, comprehensive approaches for improving nutrition and physical activity habits that target both individuals and population are required."

Nutrition and physical activity to turn it around? Not as bad as it sounds. You just need to start paying attention to what you eat and exercising.

Here are some tips to help pre-



**You can choose a healthier lifestyle for yourself.**

vent or combat metabolic syndrome:

### Use The Buddy System

Team up with a partner to help motivate you, inspire you and, well, push you on those days when you'd rather pluck your eyelashes out one at a time than go for a sweat. If you can't find someone you know, join a class at a local gym or an exercise group. Similarly, find a family member or friend who shares similar nutrition goals.

### Look On The Bright Side

Working out and eating healthier don't have to be bad words. You don't have to resort to sit-ups or exercise machines when you work out. Rather, you just need to get your blood pumping. Go for a

hike or bike. Go ice skating or take up tennis. And eating healthier does not mean you can't enjoy a treat now and then. There are plenty of health-conscious foods that will satisfy your sweet tooth. Nestlé® Crunch®, one of America's favorite candy bars, has recently introduced Nestlé Crunch Carb Select™ Sugar Free, which uses a sugar substitute and counts less than 4 net carbs per serving. (Some carbohydrates, such as sugar, cause a noted effect on blood sugar while other carbs, such as fiber and sugar alcohols, have a reduced effect. Impact carbs are calculated by subtracting fiber and sugar alcohol from total carbohydrates—leaving the carbs that have a greater impact on blood sugar.)

### Baby Steps

Rome wasn't built in a day, so don't hope to rebuild your body in a day. Know that changing a body is a marathon not a sprint. Don't get discouraged if you haven't lost six inches off your waistline after the first week. It's a serious commitment but one worth making.

To learn more about metabolic syndrome, visit [www.americanheart.org](http://www.americanheart.org). For more information about Nestlé Crunch Carb Select Sugar Free, visit [www.nestlecrunch.com](http://www.nestlecrunch.com).