

Published Articles

ACSM. ACSM & ADA Joint Position Statement: Diabetes Mellitus and Exercise.

ACSM. Position Stand: Appropriate Intervention Strategies for Weight Loss.

ACSM. Position Stand: Exercise and Hypertension.

ACSM. Relative Importance of Borderline and Elevated Levels of Coronary Heart Disease Risk Factors.

**Bosy-Westphal, Geisler, Onur et al. Value of Body Fat Mass vs. Anthropometric Obesity Indices... .
Jrnl:International Jrnl of Obesity v 30 (2006)**



Stephen Houston, Colorado

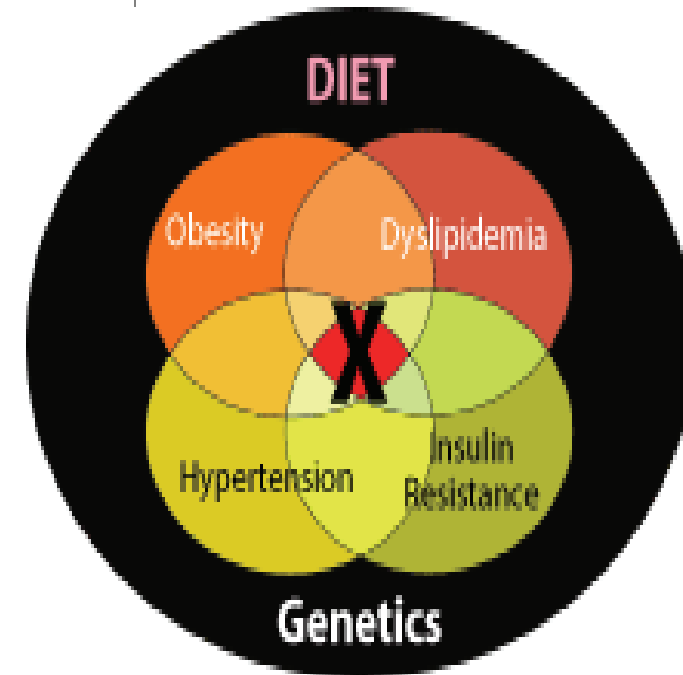
"Beating Diabetes: With diabetes you have two choices. Listen to your doctor and the ADA and face amputation and long suffering, high price prescriptions and death. "OR: You can take charge of your own life and beat it. How? Diet. Cut the carbs to below 100 grams a day maximum. Get serious about exercise, do as much as possible and a little more the next day. Building up your strength slowly....."

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Metabolic Syndrome



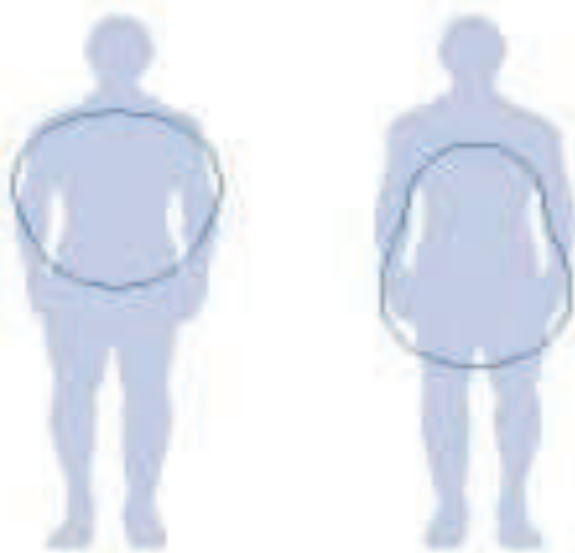
Metabolic Syndrome represents an aggregate of risk factors including obesity, insulin resistance, dyslipidemia, and hypertension leading to type 2 diabetes and cardiovascular disease. Affluent societies are all experiencing remarkable increases in the prevalence of the syndrome. The cause for this increase remains unknown but most hypotheses suggest that changes in diet and exercise play a major role. Higher caloric intake from fat and simple carbohydrates combined with lower physical

The metabolic syndrome is characterized by a group of metabolic risk factors in one person. They include:

- **Abdominal obesity (excessive fat tissue in and around the abdomen)**
- **Atherogenic dyslipidemia (blood fat disorders — high triglycerides, low HDL cholesterol and high LDL cholesterol — that foster plaque buildups in artery walls)**
- **Elevated blood pressure**
- **Insulin resistance or glucose intolerance (the body can't properly use insulin or blood sugar)**
- **Prothrombotic state (e.g., high fibrinogen or plasminogen activator inhibitor-1 in the blood)**
- **Proinflammatory state (e.g., elevated C-reactive protein in the blood)**

The American Heart Association and the National Heart, Lung, and Blood Institute recommend that the metabolic syndrome be identified as the presence of three or more of these components:

- **Elevated waist circumference:**
Men — Equal to or greater than 40 inches (102 cm)
Women — Equal to or greater than 35 inches (88 cm)
- **Elevated triglycerides:**
Equal to or greater than 150 mg/dL
- **Reduced HDL (“good”) cholesterol:**
Men — Less than 40 mg/dL
Women — Less than 50 mg/dL
- **Elevated blood pressure:**
Equal to or greater than 130/85 mm Hg



Lower Your Metabolic Syndrome Risk With Lifestyle Changes

- Experts say that changing your lifestyle is the main treatment for metabolic syndrome.**
- Get some exercise.**
- Eat a healthy diet.**
- Lose some weight.**
- If you smoke, quit.**

