

METABOLIC SYNDROME & EXERCISE

Metabolic syndrome occurs when a person has a combination or cluster of related cardiovascular and metabolic disease risk factors, such as:



3 OUT OF 5

A combination of at least 3 of 5 risk factors may lead to a further diagnosis of metabolic syndrome.

FOCUS ON EXERCISE, NOT WEIGHT LOSS.

Although the combination of weight loss and exercise usually produces superior outcomes and should be encouraged, weight loss is often mistakenly considered the main reason for doing regular exercise. Evidence shows that the improvement in metabolic syndrome can be achieved without a weight loss focus. Rather, focusing on improvements in cardiovascular health to reduce condition symptoms.

WHAT ROLE DOES EXERCISE PLAY?

Lifestyle interventions involving exercise can significantly reduce the risk of progression to type 2 diabetes in adults who have metabolic syndrome. You should aim to achieve 150–300 minutes per week of aerobic exercise at a 'moderate' intensity. Aim to do resistance training, involving 2–3 sets of 8–10 different exercises, at a load that can be performed for 8–15 repetitions for each exercise.

BENEFITS OF A TAILORED EXERCISE PROGRAM

It is important to work with an accredited exercise professional to select activities that are within physical capabilities to prevent the risk of injury, plus any musculoskeletal or other health concerns can be evaluated. It is also important to choose exercises that you enjoy so that you will stick to your exercise plan in the long term. The major benefits of exercise include:

HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

INCREASE HDL (GOOD) CHOLESTEROL



LOWER BLOOD PRESSURE



DECREASE BLOOD TRIGLYCERIDE LEVELS (BAD FATS)



REDUCE OVERALL BODY WEIGHT



FIFTY
50