



Improving your HC360 Score - Part 1

Presented By | Coach Jordan and Coach Shelby



AGENDA

- How exercise and nutrition affect your biometrics
- Simple ways to improve your habits





WHAT DO WE TEST?

Standard Panel

BMI/Measurements

Blood Pressure

Glucose

Cholesterol

- HDL, LDL, Triglycerides

Nicotine

Additional testing and different models available





BMI/MEASUREMENTS

How nutrition affects these

- Eating too much
- Nutrient density





BMI/MEASUREMENTS

How exercise affects these

- Helps to burn up extra calories, prevents calories from being stored
- Boosting metabolism



BLOOD PRESSURE

How nutrition affects this

- Salt
- Potassium, Magnesium, Calcium
- Overall calorie intake





BLOOD PRESSURE

How exercise affects this

- Exercises the heart like any other muscle.
- Stronger heart able to pump more blood with less resistance.
- Consistently putting your heart through cardiovascular activity.



GLUCOSE

How nutrition affects this

- Sugar
- Refined carbohydrates



GLUCOSE

How exercise affects this

- Increases insulin sensitivity
- Using up sugars and carbohydrates, which impact sugar levels.



CHOLESTEROL

How nutrition affects this

- HDL
 - Healthy Fats
 - Fiber
- LDL
 - Fiber
 - Processed oils
- Triglycerides
 - Food quantity
 - Refined carbohydrates





CHOLESTEROL

How exercise affects this

- Cardiovascular activity helping the “cholesterol recycling process”.



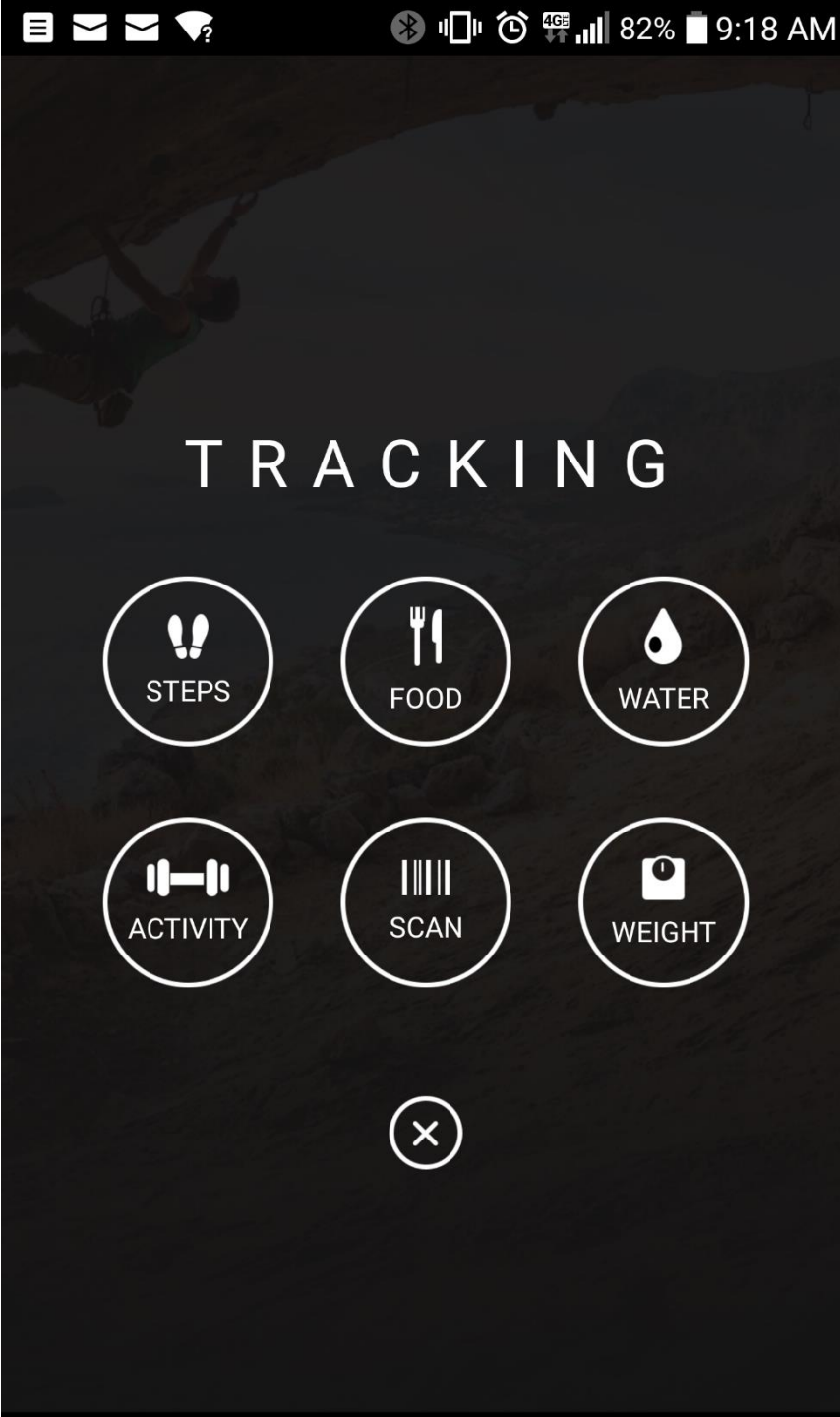
WHERE DO I START WITH NUTRITION?

Track!

- BMI/Waist
 - Calorie deficit
 - 500 calories/day
 - Don't go below 1200-1500 calories (more if you exercise regularly)
- Blood pressure
 - Calorie deficit
 - Sodium (<2300mg)
 - Potassium (3500-4700mg)
 - Banana, avocado, sweet potato, spinach, watermelon, coconut water
 - Calcium (1,000 mg)
 - Dairy, collard greens, kale, sardines
 - Magnesium (310mg for women, 400 for men)
 - Pumpkin seeds, almonds, spinach, cashews



<https://www.healthline.com/nutrition/foods-loaded-with-potassium>



WHERE DO I START WITH NUTRITION?

Track!

- Glucose
 - Sugar (<25g for women, <36 for men)
 - Carbohydrates
 - Oats, 100% whole grain/wheat, rye, quinoa
- Cholesterol
 - HDL
 - Healthy Fats
 - avocado, salmon, sardines, tuna, almonds, walnuts, chia seeds, olive oil, coconut oil
 - Fiber (25g for women, 38 for men)
 - Fruits, veggies, lentils, chia seeds
 - LDL
 - Fiber
 - Sugars
 - Triglycerides
 - Sugars
 - Carbs



WHERE DO I START WITH NUTRITION?

- Pick your Change
 - What do you want to do?
 - What's realistic?
- Track your Progress
 - Celebrate yourself!





WHERE DO I START?

Exercise

- Finding an activity that actually appeals to you.
- Establishing an objective as to how often you can reasonably do this activity so that you will be able to create a consistent routine.





WHERE DO I START?

Exercise

- Scheduling your workouts and treating them like an appointment.
- Packing gym bag or other necessary items to help be prepared for your workout.



UPCOMING WEBINARS



Improving your HC360 Score – Part 2

A special 2-part webinar series devoted to your overall health. We will cover sleep and stress in Part 2 to complete our holistic advice to improve your health, and your HC360 score!

June 19, 2019

Find out more on www.healthcheck360.com/blog



Developing Resilience

Practicing optimism and healthy habits to adapt to life's curve balls

July 3, 2019



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