



PILLAR 1 — HEALTH

Build the Foundation

Good health is the foundation on which everything else depends.

Cardiovascular health, blood pressure management, blood sugar regulation, body composition, musculoskeletal condition, sleep quality, nutrition, preventive care, and chronic disease management all influence how well we function as we age.

Health is not simply the absence of disease. It is the ability of the body to maintain stability, adapt to stress, recover, and continue functioning effectively over time.

As we age, routine medical care remains important, but it should be complemented by attention to the factors that influence physical capability and long-term independence.

Important areas include:

- Brain function
- Overall metabolic health:
 - Cardiovascular risk
 - Blood pressure
 - Blood glucose and insulin sensitivity
 - Lipid health
- Gastrointestinal and kidney function
- Muscle and skeletal health
- Nutrition
- Body composition
- Sleep and recovery
- Preventive health screening
- Medication and supplement review
- Chronic disease prevention and management

Why It Matters

Poor metabolic and cardiovascular health can reduce energy, impair recovery, accelerate loss of muscle and function, and increase the risk of chronic disease.

The better the underlying health of the body, the greater its ability to respond to exercise, recover from illness, tolerate surgery, and remain physically capable.

The Metabolism-U Approach

Know your numbers. Understand your risks. Measure what matters. Act early, and have meaningful and regular discussions about these important issues with your personal healthcare provider.

The objective is not merely to avoid illness.

It is to build a healthier physiological foundation that supports strength, fitness, resilience, and independence throughout life.