Bates College is committed to providing employees comprehensive and cost effective benefit options in addition to providing resources to maintain or improve health. Please review the below opportunities available to you and your eligible family members.

Metabolic Syndrome
What You Need to Know

**Metabolic Syndrome** is a nasty process of degeneration in the body. Unfortunately it is becoming more and more common in our society. The process is defined as having three or more of the following conditions:

- Waist Circumference greater than 40 inches (measured across the belly button)
- HDL Cholesterol (the good stuff) below 40*
- Elevated Triglyceride levels above 150*
- Blood Pressure above 120/80
- Fasting glucose levels above 100*

* Milligrams per deciliter

Metabolic Syndrome is most often caused by overconsumption of foods that turn into glucose in the body (processed sugars, starches, and alcohol are the main culprits). This leads to a process called insulin resistance. Combined with inadequate physical activity, this can lead to developing Type 2 Diabetes or accelerating the development of cardiovascular disease.

The best way to prevent and/or reverse this process is exercising regularly, eating a healthy diet, and losing weight.

Bob Brainerd Speaks on Reversing Metabolic Syndrome!

**Bob Brainerd** from Central Maine Conditioning Clinic will be coming to campus at noon on September 26th to present more details on Metabolic Syndrome and what you can do about it.

This special wellness lunch will be held in New Commons room 221. Attendees will go through the line and then bring their trays upstairs for the presentation.

Sign up will be available under the Events Tab / Wellness Lunches on Garnet Gateway. **Reserve your spot today!**

Are you at Risk for Metabolic Syndrome? B Well Health Screenings

On October 31st and November 1st, Summit Health will be on campus to conduct biometric screenings that include the biomarkers for Metabolic Syndrome (blood pressure, blood glucose levels, triglycerides and cholesterol).

Get to know your numbers and your risk for metabolic syndrome. With information you can take action to improve your health! You will be receiving more information on how to sign up for the screenings shortly.