

# METABOLIC WELLNESS FAQs

YOUR QUESTIONS. ANSWERED.

Metabolic wellness is about more than weight. It includes the everyday habits that support energy, strength, nutrition, sleep, recovery, and how well your body functions over time.

Here are answers to the questions we hear most often.

SMALL  
CHOICES  
STEADY  
PROGRESS



1

## WHAT DOES METABOLIC WELLNESS REALLY MEAN?

Metabolic wellness refers to how well your body uses energy and supports everyday function. It is influenced by movement, nutrition, sleep, recovery, strength, and other daily habits.



2

## IS METABOLIC WELLNESS ONLY ABOUT WEIGHT?

No. Weight is only one part of the picture. Energy, strength, sleep, nourishment, recovery, and healthy routines also play important roles.



3

## HOW IMPORTANT IS REGULAR MOVEMENT?

Very. Regular movement can support cardiovascular health, energy, mobility, strength, and healthy aging over time.



4

## DOES SLEEP REALLY MATTER?

Yes. Quality sleep supports recovery, mood, focus, hormone balance, and overall wellness.



5

## DOES NUTRITION AFFECT METABOLIC WELLNESS?

Absolutely. Consistent, nourishing meals can help support energy, healthy routines, and how your body functions day to day.



6

## DOES STRENGTH MATTER AS WE AGE?

Yes. Strength helps support mobility, independence, resilience, and everyday function as we age.



7

## CAN STRESS AFFECT METABOLIC WELLNESS?

Yes. Ongoing stress can affect sleep, recovery, routines, and overall well-being. Small stress-management habits can help.



8

## IS IT TOO LATE TO BUILD HEALTHIER HABITS?

No. Positive changes can begin at any age. Start with one realistic habit and build from there.



9

## DO SMALL CHOICES REALLY MAKE A DIFFERENCE?

Yes. Small, steady habits practiced consistently can add up over time and help support long-term wellness.



10

## HOW CAN I SEE WHERE I'M DOING WELL?

Take the DHmeds Metabolic Wellness Score™ for an educational snapshot of your everyday habits and overall metabolic wellness.

BETTER HABITS TODAY  
A STRONGER TOMORROW



DISCOVER YOUR  
**METABOLIC WELLNESS  
SCORE™**

[DHmeds.com/metabolic-wellness](https://DHmeds.com/metabolic-wellness)



LEARN  
GROW  
THRIVE

— DHMEDS BODY COLLECTION —

LEARN • GROW • THRIVE

[DHmeds.com](https://DHmeds.com)