

Healthy Aging HACKS™

BODY | Metabolic Health Edition

SIMPLE CHOICES. REAL RESULTS.

*Healthier
Habits
Brighter
Tomorrows*

1

HYDRATE FIRST



Start your day with water. Proper hydration supports metabolism, energy levels, and helps reduce unnecessary snacking.



2

CHOOSE PROTEIN



Include lean protein at meals to help you feel fuller longer, support muscle maintenance, and keep your energy more stable.



3

MOVE MORE



Aim for at least 30 minutes of movement daily. Walking, strength training, or activities you enjoy can boost metabolism, mood, and overall health.



4

GET QUALITY SLEEP



Aim for 7–9 hours of restful sleep. Good sleep supports hormone balance, appetite regulation, energy, and better daily choices.



5

FILL YOUR PLATE WITH COLOR



Choose fruits, vegetables, and whole foods rich in fiber, vitamins, and antioxidants to fuel your body and support long-term wellness.



6

MANAGE STRESS



Take time each day to breathe, reset, and do something you enjoy. Lower stress levels can support healthier habits and a more balanced metabolism.



DISCOVER YOUR METABOLIC WELLNESS SCORE™
Take the free assessment and get a snapshot of your current habits, plus simple next steps for a healthier you.

DHMEDS.COM/METABOLIC-WELLNESS



*Everyday
Wellness Matters*