

THIS WEEK'S QUESTION

Is Metabolic Wellness About More Than Weight?

“ Dr. Hirsch says:

Weight is only one part of the picture. Metabolic wellness is also shaped by movement, strength, nutrition, sleep, recovery, energy, and everyday routines.

When we look beyond the scale, we gain a clearer view of how our bodies feel and function over time.

The goal is not perfection. It's consistency. Small supportive habits can add up in meaningful ways.

MORE COMMON QUESTIONS

1

Do I need to exercise every day?



No. The goal is regular movement. Walking, biking, strength work, stretching, and other activities can all count.

2

Does sleep affect metabolic wellness?



Yes. Quality sleep supports energy, recovery, appetite regulation, and daily function.

3

Why does strength matter?



Muscle supports metabolism, mobility, balance, and healthy aging.

4

Is the scale the whole story?



No. Weight is only one part of the picture. Energy, movement, nutrition, sleep, and recovery matter too.



KEEP MOVING

Regular movement helps support energy, mobility, strength, and everyday function.



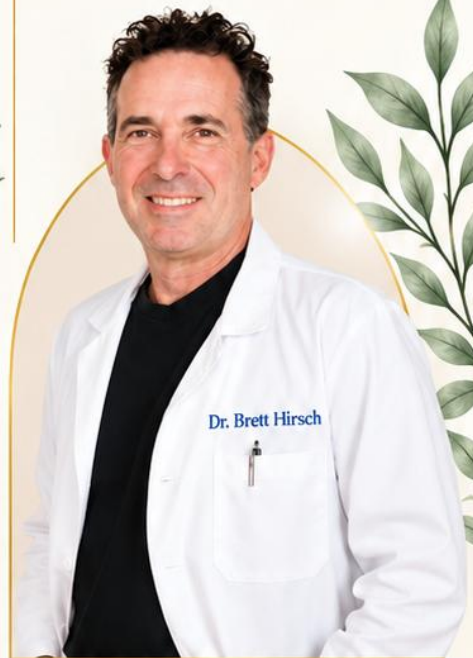
PROTECT STRENGTH

Maintaining muscle matters for healthy aging, balance, resilience, and metabolic wellness.



SUPPORT RECOVERY

Sleep, nourishment, and recovery all help your body recharge and function well.



Dr. Brett Hirsch

Dr. Brett S. Hirsch, D.O.

PHYSICIAN-GUIDED WELLNESS

Metabolic wellness isn't defined by one number.

It's supported by the everyday habits that help us feel and function well.

LEARN. GROW. THRIVE.



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