

Table 10B. Lifestyle Risk Factors for Metabolic Syndrome and Therapeutic Recommendations

| Lifestyle Risk Factor | Therapeutic Recommendations |
|-----------------------|---|
| Abdominal Obesity | <ul style="list-style-type: none">▪ Achieve desirable weight (BMI <25 kg/m²) by reducing initial weight 7%–10% from baseline weight over first year.▪ Encourage weight maintenance through balancing physical activity, caloric intake, and behavior modification to achieve a waist circumference <40 inches in men and <35 inches in women. |
| Physical Inactivity | <ul style="list-style-type: none">▪ Encourage 30–60 minutes of moderate-intensity aerobic activity at least 5 days/wk and preferably daily.▪ Encourage resistance training 2 days/ wk.▪ Advise medically supervised programs for high-risk patients (eg recent acute coronary syndrome, bypass surgery, CHF); exercise tolerance testing can be used to guide prescription. |
| Atherogenic Diet | <ul style="list-style-type: none">▪ Reduce saturated fat to <7% of total calories.▪ Reduce <i>trans</i> fat.▪ Total fat 25%–35% of total calories, preferably unsaturated.▪ Dietary cholesterol <200 mg/dL.▪ Limit simple sugars. |

Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome. An American Heart Association and National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*. 2005;112. Epub 2005 Sept 12.