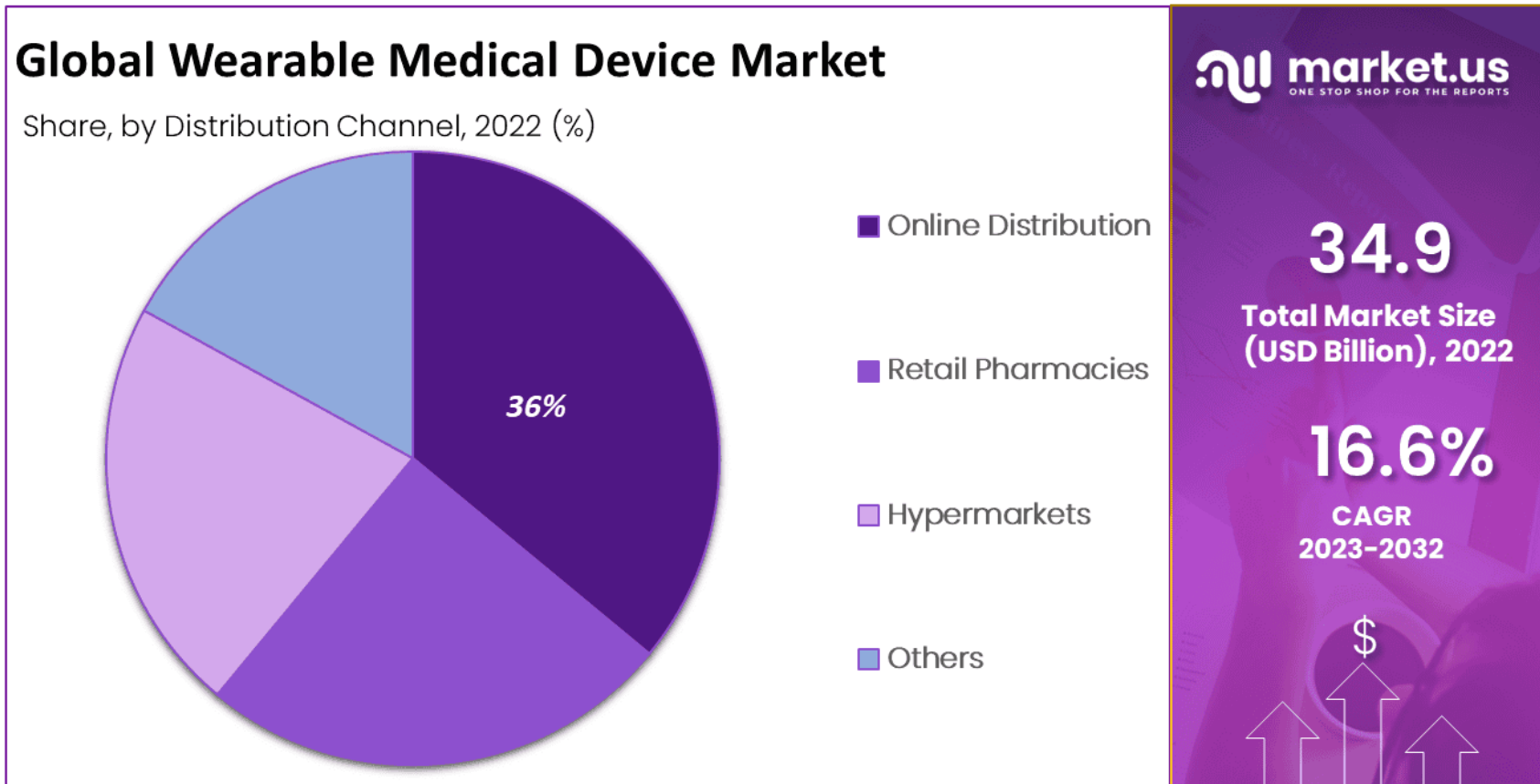




# Tracking Your Health

Megan Wroe, MS, RD, CNE, CLEC  
Manager, St. Jude Wellness Center

# Do you own 1 or more health trackers?



# Steps Per Day

## Why it Matters:

- Significantly linked to overall mortality risk, heart health, metabolic health and cognition.
- Those who took at least 8,000 daily steps had **50% lower risk of death** from heart disease than those taking 4,000 steps per day.

## Trackable Goals:

- Minimum: 8,000 steps per day
- Optimal: 10,000 steps +

## How to Track It:

- Watches: FitBit, Apple Watch, Garmin
- Other Devices: Oura Ring, pedometers
- Online calculators (ex: ave. steps per mile is 2,252)



# Heart Rate Variability

## Why it Matters:

- Measure of how much variability in time between heart beats. More is better: indicates adaptability and elasticity.
- Higher HRV is associated with better cardiovascular health, stress resilience & overall longevity.
  - Also associated with improved performance in attention & emotional processing.
- Chronically low HRV signifies chronic stress or poor recovery and is correlated with metabolic conditions.

## Trackable Goals:

very unique to each person and their own baseline

- Know your baseline and track what brings it up or down.
- General healthy goal: 50+

## How to Track It:

- Watches: Whoop, Apple Watch, Garmin, Elite HRV
- Other: Oura Ring, Kyto Finger Clip



# Continuous Blood Glucose

## Why it Matters:

- Consistent glucose spikes and/or prolonged elevation of a glucose spike creates an inflammatory state & anabolism (ie: weight gain, insulin resistance and low energy).
- Glucose spikes are related to hunger cravings, anxiety & reduced metabolic flexibility.
- Helps with personalized nutrition & wellness strategies

## Trackable Goals:

- Morning fasted BG: 70-90
- 2 hours post meal: less than 120; less than 30mg/dl increase
- Return to baseline within 2 hours of eating

## How to Track It:

- CGMs: Levels, Dexcom, Freestyle Libre, Nutrisense, Lingo
- Strip Monitors
- Blood labs & A1C
- \*Highly recommend food journaling along with CGM



# Glucose-Ketone Index\*

**\*Only indicated if following a low carb diet and ketosis**

## Why it Matters:

- Most people do not know how to healthfully follow a ketogenic diet and may not be in ketosis at all. Elevated BG along with elevated ketones is dangerous.
- Ketone strips may not tell accurate story of total body ketosis

## Trackable Goals:

- Moderate ketosis: 3-6
- Deep ketosis: 1-3

## How to Track It:

- Keto-Mojo Device
- Ketone strips + Blood sugar monitor Calculation:  $(BG/18)/\text{ketone}$



# Blood Pressure

## Why it Matters:

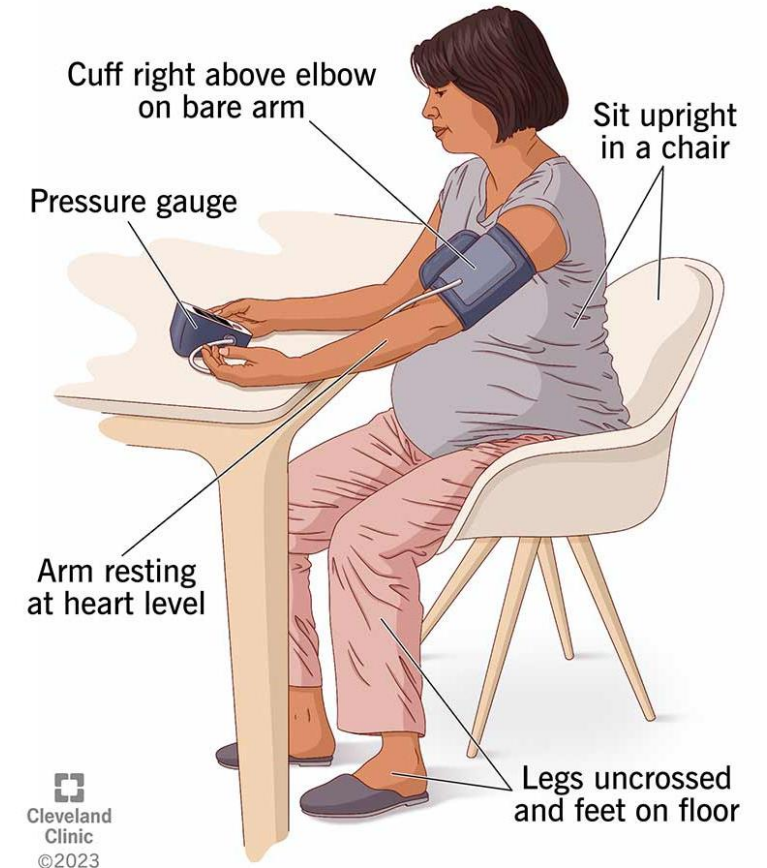
- Chronically elevated BP is known as “the silent killer” as it is often not felt as a symptom but is linked to cardiovascular events and mortality.
- Tracking BP is an excellent screening tool for early detection of heart conditions.

**Trackable Goals:** 120/80

## How to Track It:

- Watches: Apple Watch, Whoop
- Devices: Omron BP Monitor, QardioArm, Withings BPM Connect
- Old fashioned BP monitors

## Blood Pressure Measurement



# Resting Heart Rate

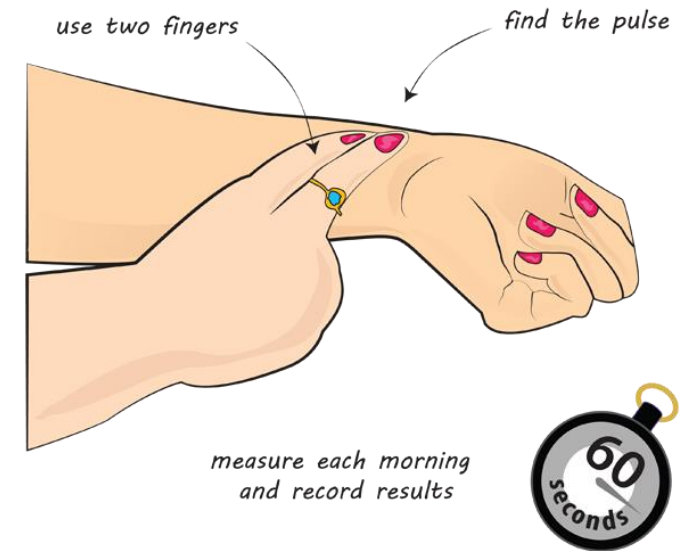
## Why it Matters:

- Measure of heart beats/minute *at rest*.
- Lower RHR indicates better cardiovascular efficiency and is correlated with improved longevity.
- Consistently elevated RHR indicates elevated stress response, overtraining or poor heart health (heart disease, diabetes, mortality).
- RHR of 80 has a 2.91x higher risk of diabetes than RHR of 60.

**Trackable Goals:** range of 60-100, with lower end better

## How to Track It:

- Devices: Apple Watch, FitBit, Whoop, Garmin, Chest Bands, Pulse Oximeters
- Check your pulse *at rest* & count beats per minute





# Body Composition

## Why it Matters:

- Muscle is our primary metabolic organ and predicts longevity.
- High levels of visceral fat is correlated with significant risk of chronic disease and metabolic syndrome.
- Higher body fat percentages are linked to high risk of all cause mortality.

## Trackable Goals:

- Muscle Mass: unique to the individual
- Lean Body Mass: 27-31% women, 32-40% men
- Percent Body Fat: 20-30% women, 10-20% men
- Visceral Score: under 10

## How to Track It:

- Scales: InBody, FitTrack, Withings Body+Scale
- Machines: DEXA



# Lab Trackables

**A1C:** 5-5.4%

**Fasting Insulin:** range of 2-5 mIU/L

**Triglycerides:** less than 80mg/dl

**HDL:** 50-90 mg/dl

**LDL:** less than 100 mg/dl

**CRP:** less than 0.3mg/dl

**Vitamin D:** 50-60 ng/ml



# Final Thoughts

## Overwhelmed?

- Track minutes movement per day
- Track your steps
- BP & RHR
- Inbody

## Wanting to dabble?

- Food journal
- FitBit, Apple Watch,
- Glucose strips
- Inbody

**Ready for data!** Apple Watch, Aura Ring, Whoop

**Biohacker goals!** Whoop, CGM, Keto-Mojo, DEXA



## Next Webinars:

Personalized Meal Prep - 3/20 at 12pm

Virtual Cooking Class - 3/26 at 11:30am