# KNOW YOUR NUMBERS - OPTIMIZE YOUR HEALTH

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Registered Dietitian & Diabetes Specialist at Healthy Steps Nutrition

What Is Chronic Disease?						

## Important Blood Biomarkers

### **Triglycerides**

	rrigiycerides		
<100 OPTIMAL	100-150 BORDERLINE	>150 ABNORMAL	
	Hemoglobin A1c		
<5.7 OPTIMAL	5.7-6.4 BORDERLINE	>6.5 ABNORMAL	
	HDL-C		
>=60 OPTIMAL	50-59 BORDERLINE	<50 ABNORMAL	
	Fasting Blood Sugar		
<100 (NORMAL)	100-125 (PREDIABETES)	126+ (DIABETES)	



#### NUTRITION TALK WORKBOOK

"Most people have no idea how good their body is designed to feel."
- Kevin Trudeau

vv na	nt Factors Influe	nce four t	Slood Sug	gar:	
How	, Do You Improv	ve These B	iomarkers	s?	

# INTRODUCING CONTINUOUS GLUCOSE MONITORING + NUTRITION COACHING

V	12-Week Program
	(Individualized Programming & Support With Registered Dietitian)

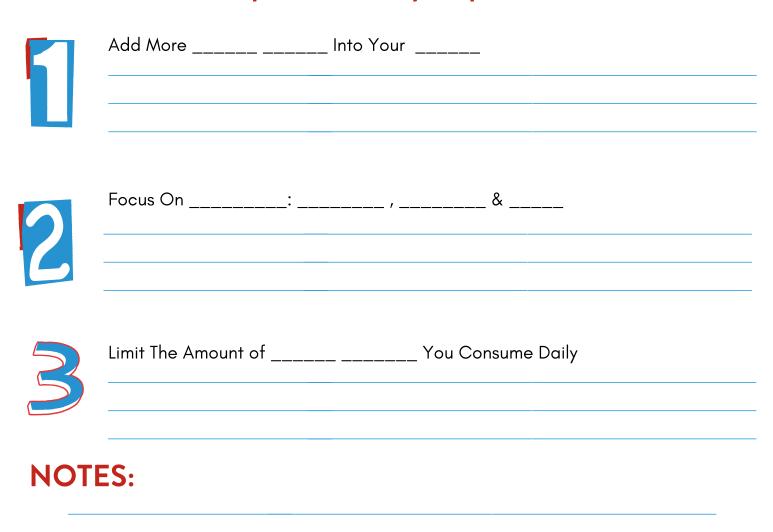
- √ 30-Days Of Continuous Glucose Monitoring
- Initial Assessment With Registered Dietitian To Create Customized Plan
- Weekly 20-Minute Follow-up Consultations While Using CGM
- Bi-Weekly Appointments After First Five Weeks
  (10 Total Meetings With Registered Dietitian For Accountability & Ongoing Support)

**JOIN THE WAITLIST TODAY** 



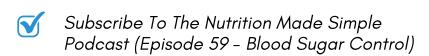
#### NUTRITION TALK WORKBOOK

## Three Core Principles At Healthy Steps Nutrition





### **ADDITIONAL FREE HELP**



Join The Facebook Group: Nutrition Made Simple Powered By Healthy Steps Nutrition



#### **NUTRITION TALK WORKBOOK**

# Healthy Steps Nutrition has helped over 35,000 people around the world take control of their health through our simple, habit-based approach!









# WHAT CGM + NUTRITION COACHING CLIENTS ARE SAYING...

"Prior to using the CGM, I would eat cookies at night. It wasn't until I saw what was happening inside my body and tracked my blood sugar through a CGM that I realized the late-night cookies were elevating my blood sugar throughout the night and impacting my sleep. It's been over a year since I changed that one habit."

– Jason, CGM + Nutrition Coaching

"Just going through the process, I think I'm going to learn a lot about myself. [you know] it really comes down to the decisions I'm going to make. Not understanding the decisions I'm going to make lead me to making [not the best decisions. So I can tell you] il think this process is going to help and I could not believe how much my blood sugar was going up and down, not even throughout the day but at key points in the day and it was eye-opening."

- Josh, CGM + Nutrition Coaching

**JOIN THE WAITLIST TODAY** 

