

KNOW YOUR NUMBERS - OPTIMIZE YOUR HEALTH

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What Is Chronic Disease?

Important Blood Biomarkers

Triglycerides

<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)

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

What Factors Influence Your Blood Sugar?

How Do You Improve These Biomarkers?

INTRODUCING CONTINUOUS GLUCOSE MONITORING + NUTRITION COACHING

- ✓ 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

Three Core Principles At Healthy Steps Nutrition

1

Add More _____ Into Your _____

2

Focus On _____: _____, _____ & _____

3

Limit The Amount of _____ You Consume Daily

NOTES:



ADDITIONAL FREE HELP



Subscribe To The Nutrition Made Simple Podcast (Episode 59 - Blood Sugar Control)



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

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

HSN
NUTRITION MADE SIMPLE

LORENA
CROSSFIT HSN & NUTRITION COACHING MEMBER

☆☆ **RESULTS** ☆☆☆

↓
5% BODY FAT
35 POUNDS
12 INCHES

↑
STRENGTH
ENDURANCE
CONFIDENCE

IN 5 MONTHS

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

GABE
FOUNDING CROSSFIT HSN & NUTRITION MEMBER

☆☆ **RESULTS** ☆☆☆

↓
18% BODY FAT
50 POUNDS OF FAT

↑
FRIENDS
STRENGTH
ENDURANCE
CONFIDENCE

IN 1 YEAR

GUIDED.TESTED.PROVEN.



HSN
NUTRITION MADE SIMPLE

JOSH
EMPLOYEE WELLNESS CLIENT

☆☆ **RESULTS** ☆☆☆

↓
14% BODY FAT
102 POUNDS
12 PANT SIZES

↑
HEALTH
CONFIDENCE
NEW CLOTHS

IN 3 YEARS

GUIDED.TESTED.PROVEN.



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] I 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](#)