

Zone 3 — High Cortisol

Typically, the stress experienced today often does not require the surge of glucose fuel we once needed to deal with life-threatening, acute dangers (known as our “fight or flight” response). Most stress today is more constant, but the effects are chronic. If our stress goes unmanaged, our near-constant hormonal response to stress may work against us.

Chronically elevated levels of cortisol are associated with many health concerns, including:

- Blood sugar issues
- Memory deterioration
- Cardiovascular disease
- Endocrine and hormone imbalances

Elevated levels of cortisol may undermine your activities in the gym as well. Excess cortisol can interfere with your body’s ability to:

- Tone up and build muscle
- Lose body fat, especially around the belly
- Recover from exercise

The most common causes of high cortisol are uncontrolled stress, sedentary lifestyle, overexercising/under-recovering, and poor sleep quality and/or quantity.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: LAB RECOMMENDATIONS

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism and blood sugar management to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and an assessment of morning cortisol level to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus the critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

ALSO CONSIDER: Stress & Resilience Panel

This salivary panel provides a picture of free cortisol levels throughout the day- morning, noon, afternoon, and evening. Includes morning DHEA-S.

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Make protein a priority at every meal and snack
- Consider a reduction in starchy carbohydrate intake if appropriate
- Avoid using added sugar or large amounts of caffeine during the day

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

DESIGNS FOR HEALTH NEUROCALM™

- Helps to lower the stress hormone cortisol, manage stress-related eating, manage body weight, improve mood and decrease the feeling of anxiety.
- 2 capsules daily with food.

COMPREHENSIVE

DESIGNS FOR HEALTH CATECHOLEACALM™

- Helps with the adaptation to stress and optimization of adrenal gland health by focusing on both cortisol and catecholamine balance.
- 1 capsule 3 times daily with food.

LIFE TIME FITNESS RESTORE (IF HAVING DIFFICULT TIME GETTING TO SLEEP)

- Helps slow a racing mind while providing the needed nutrition to ensure a high-quality and quantity of sleep.
- 1 to 3 capsules 30 to 45 minutes prior to bed.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Ensure you recover well in between higher intensity sessions by incorporating active recovery sessions
- For cardiovascular training, use personalized heart rate zones to guide proper intensities