

The State of Health in America Today

70% of those who died today...killed themselves...YOU have a choice to make!

- Heart disease, stroke, cancer and diabetes are among the most *prevalent, costly and preventable of all health problems*. 7 out of 10 Americans who die every year, die of a chronic disease, according to the Centers For Disease Control (CDC).
- According to the World Health Organization (WHO), the US is the 37th ranked nation when it comes to health outcomes and health-systems performance.
- 46 million people in the US have no health insurance and face imminent health crisis/death and/or financial ruin if they get sick.

Prevention vs. Treatment

<u>Medical Condition</u>	<u>Cost of Prevention</u>	<u>Cost of Treatment</u>
<p>Metabolic Syndrome:</p> <p><i>A condition that currently affects 55 million Americans characterized by the combination of two or more of the following health risk factors: hypertension, pre-diabetes/diabetes, obesity, and abnormal lipids (low HDL cholesterol, high LDL cholesterol, and/or elevated triglyceride levels).</i></p> <p><i>This condition untreated leads to heart disease, stroke, liver and kidney disease, and cancer... and ultimately a premature death.</i></p>	<p>Engaging in an active, fit lifestyle:</p> <p>Option A- Home Fitness: Free – but most will not do this, due to lack of motivation, accountability and knowledge)</p> <p>Option B- Gym Membership: (for most, again it's not a viable solution due to boredom and no accountability or motivation) \$25-75/month</p> <p>Option C- Rock Star Boot Camp: \$97-247/month</p> <p>Option D- Personal Training: \$600-1200/month</p> <p>You have options! You need to make the right choice for you and your schedule, budget, and personality!</p>	<p>SICK CARE- Treating the symptom, not the cause!</p> <p>\$351.25+/month</p> <p>Note-</p> <ul style="list-style-type: none"> - Heart Disease Treatment alone costs \$351.25/month! - Diabetes alone costs \$201.17/month! - This does not include the high costs of preventable acute or chronic injuries that occur due to a sedentary lifestyle!

BOTTOM LINE- *The bottom line is that without proper nutrition and exercise our bodies slowly break down into a state of disease. If you really care about your country, the best thing you can do is take care of yourself and set the example for the people you care about!*