

TIER 03 · HEALTH ADVISORY BOARD

Tier 03 · Dr. Mark Hyman

Metabolic Health and the Longevity Equation

Ninety percent of Americans are metabolically unhealthy. This talk lays out what metabolic health actually is, why it's the strongest predictor of healthspan, and what individuals and organizations can do to reverse the trend.

KEY TAKEAWAYS

- 01** Metabolic health defined: the five markers that matter
- 02** Why insulin resistance is the master driver of chronic disease
- 03** The longevity equation: metabolic health × movement × recovery × purpose
- 04** Practical interventions that move the metabolic needle in 90 days
- 05** What organizations can offer that individuals cannot do alone
- 06** Where the next decade of metabolic-health science is heading

AUDIENCE

Executive cohorts, senior leadership, board-level audiences, longevity-curious employees.

FORMATS

- 45-min keynote
- 60-min keynote + Q&A

SAMPLE AGENDA

- 0–10 min — The 90% problem
- 10–30 min — Metabolic health defined
- 30–55 min — The longevity equation
- 55–75 min — 90-day interventions
- 75–80 min — Q&A

SLIDE OUTLINE

- Slide 1 — 90% metabolically unhealthy
- Slide 2 — The five markers
- Slide 3 — Insulin resistance as master driver
- Slide 4 — The longevity equation
- Slide 5 — 90-day interventions
- Slide 6 — What organizations uniquely offer

SPEAKER POOL

Dr. Mark Hyman.