



## HOW CAN I CONTROL MY CHOLESTEROL?



<http://cholesterolowered.com/wp-content/uploads/2009/12/food1-300x234.jpg>

Control your diet and get rid of all the unnecessary saturated fats.

Maintain a healthy weight

Exercise for at least 30 minutes a day, up to 4 times a week.

Cardiovascular exercise is the best method.

**HDL Cholesterol-** When your cholesterol is measured this is the part that carries the cholesterol away from your heart. This is referred to “good cholesterol”.

**LDL Cholesterol-** When your cholesterol is measured this is the part that carries the cholesterol to your arteries causing build-up. This should be less than 100 mg/dL. This is referred to as “bad cholesterol”.

**The National Institute of Health recommends that total cholesterol levels be 200mg/dL or below, with specific thresholds for each kind of cholesterol.**

## CHOLESTEROL



<http://www.nordcholesteroltrails.net>

Cholesterol is a white, waxy fat found naturally in your body that is used for many important functions. When there is too much in the blood it can build up and clog arteries, causing blockage of blood to the heart. Ideally, everyone over 20 years old should know what their blood level of cholesterol is, especially if there is a family history of heart disease or other medical concerns.