

High Cholesterol 1-2-3



1 Know This

Cholesterol is a type of fat (lipid) in your blood. If you have too much cholesterol, it builds up in your arteries.

Cholesterol is measured by a blood test (lipid panel) and here are the ideal results:

- Total cholesterol, less than 200 mg/dL
- HDL “healthy” cholesterol, 40mg/dL or higher
- LDL cholesterol, less than 100 mg/dL
- Triglycerides, less than 150 mg/dL

Many things cause high cholesterol, including:

- Eating too much saturated fat and trans fat
- Being overweight and being inactive
- Age. Cholesterol rises after age 20
- Family history

2 Do This

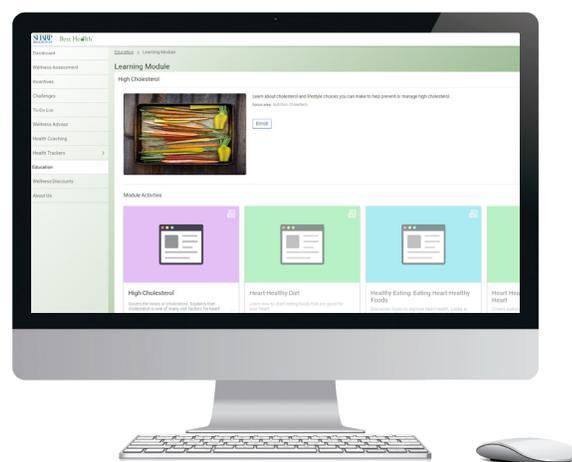
Some lifestyle changes are important for everyone with high cholesterol.

- **Eat a heart-healthy diet.** Include plenty of fish, fruits, vegetables, beans, high-fiber grains, breads and healthy fats like olive oil.
- **Lose weight, if you need to.** Losing just 5 – 10 lbs (2.3 – 4.5 kg) can lower your cholesterol.
- **Get regular exercise.** Walking is a great exercise that most people can do. A good goal is 30 minutes or more a day.

3 Use This

Check out the following Best Health offerings to help you reduce your risk for high cholesterol.

- **Healthy Eating Health Coaching** – Work one-on-one with a Best Health Coach.
- **Online High Cholesterol learning module** – Learn about cholesterol and lifestyle choices you can make to help prevent or manage high cholesterol.



Your journey to Best Health starts here —
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