

Name:

Whom to Call:

CV1024A

Controlling Your Cholesterol

Cholesterol is a waxy substance that travels in your bloodstream. When you have high cholesterol, it builds up in the walls of your blood vessels. This makes the blood vessels narrow and blood flow decrease. Then you could have a heart attack or a stroke.

Cholesterol Levels

Total cholesterol includes LDL and HDL cholesterol, as well as other fats in the bloodstream. Total cholesterol should be lower than 200. Your total cholesterol is: _____

If your total cholesterol is high, follow the steps below to help lower your total cholesterol level.

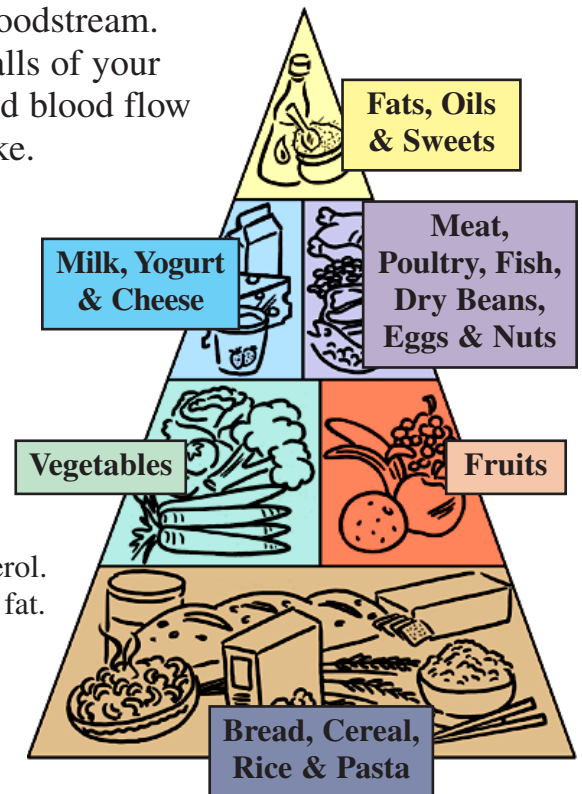
1 Eat Less Fat

- Eating less fat is the first step to lowering your cholesterol. You can use the food pyramid to help you cut down on fat.
- Choose more foods from the bottom half of the pyramid. These foods are lower in fat and cholesterol.
- Make fewer choices from foods in the top half of the pyramid. These foods are higher in fat and cholesterol.

2 Be Active

- Exercising lowers blood cholesterol, reduces stress, and helps you lose weight. Walking, swimming, and riding a bike are some good ways to be active.
- Start at a level where you feel comfortable. Increase your time and pace a little each week.
- Work up to __ minutes on most days. You can break this up into three __-minute sessions.
- Keep in mind, some activity is better than none.

If you haven't been exercising regularly, start slowly. Check with your doctor to make sure the exercise plan is right for you.



Notes