

Control High Cholesterol



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health
"for a healthy future"

What is High Cholesterol?

Every person has cholesterol. It is made by your body and comes from some of the foods you eat. A lab score of 200 or greater means that you have high cholesterol. Having high cholesterol puts you at risk for heart disease and stroke.

What Causes High Cholesterol?

The causes of high cholesterol vary from person to person. It can be caused by:

- Age
- Sex
- Family history
- Eating foods high in cholesterol or fat
- Being overweight
- Lack of exercise

How Can I Lower My Cholesterol?

Lifestyle changes are the best way to lower your cholesterol. Plan to make one small change at a time. It is easier to succeed with one small change than too many at once. Medicines may also be needed. Talk with your doctor about the best treatment plan for you.

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Be Active

Being active can help lower your cholesterol. Aim to be active for at least 30 minutes most days of the week. You can be active by:

- **Walking**
When shopping, walk from one side of the mall to the other. Try arm curls and raises with your shopping bags.
- **Cleaning the house**
Mop the floor, scrub the bathtub, or do other housework. The stretching, squatting, and lifting are good exercises. Working at a fast pace will raise your heart rate and strengthen your heart.
- **Cleaning the yard**
Gardening can burn up 300 calories per hour. It is also a good way to build strength. Raking and hoeing strengthens your arms and back, while digging works your arms and legs.
- **Dancing**
Get some exercise and have fun by dancing with family and friends to music that makes you move. Go a step further and learn new moves by taking a dance lesson. If you want a more intense dance workout, try a Zumba class.



Eat Heart Healthy

Eating heart healthy is a life long change. Limit certain foods, such as meats, egg yolks, butter, whole or 2% milk, cheese, sweets and fried foods. Heart healthy choices are:

- Lean meats, fish, poultry without skin and egg whites
- Fat free or 1% milk and low fat dairy foods
- Fruits, vegetables and whole grains
- Baked, broiled, grilled or steamed foods
- Vegetable oils, such as olive or canola



Tips For Eating Out

- Choose meals that are steamed, baked, grilled, roasted or poached
- Use margarine instead of butter
- Choose fruit or sherbet as your dessert
- Ask for gravies, dressings or sauces on the side
- Order a kids meal or put half of your food in a to-go box

You can take control of your cholesterol. For help, talk to your doctor.

Can you read this? If not, we can have someone help you read it. For free help, please call us at 1-800-391-2000.