

# Show a Little Love to Your Heart

## 6 Ways to Keep Your Cholesterol in Check

### 1 Weight Loss

- Losing weight if you are overweight can help you control your cholesterol and lower your risk of related health problems.
- Aim for loss of 1 to 2 pounds per week.

### 2 Healthy Choices

*Choose a variety of nutritious and tasty foods:*

- Fruits, vegetables
- Whole grains
- Low-fat or nonfat dairy products
- Fish, poultry without the skin
- Moderate amounts of lean meats

### 3 Nix the Cholesterol

- Aim for less than 7 percent of calories from saturated fat and less than 200mg of dietary cholesterol per day.
- Limit foods high in:
  - Cholesterol
  - Saturated fat
  - Trans fats

### 4 Get Moving

- Aim for 3-4 (40 min sessions) per week of moderate-to-vigorous intensity physical activities.\*
- Exercise can reduce your cholesterol, improve mood, reduce stress and help with weight loss and flexibility.

### 5 Stop Smoking

- Tobacco use is bad for your health and increases your risk for stroke and heart disease.
- Ask your pharmacist today how they can help you successfully quit smoking.

### 6 Know Yours Numbers

- Just like blood pressure, your cholesterol levels need to be checked.
- Your healthcare provider will determine how often your cholesterol levels need to be checked.

*\*Before starting an exercise program, be sure to speak with your healthcare provider about what programs are safe for you.*