

THE BENEFITS OF DAILY PHYSICAL ACTIVITY EXERCISE TIPS FOR LOWER CHOLESTEROL

- ▶ Reduces the risk of heart disease by improving circulation in the body
- ▶ Helps manage weight
- ▶ Helps improve blood cholesterol levels
- ▶ Helps prevent high blood pressure
- ▶ Helps prevent bone loss
- ▶ Increases energy levels
- ▶ Helps manage stress
- ▶ Releases tension
- ▶ Improves sleep
- ▶ Counters anxiety and depression and increases enthusiasm and optimism
- ▶ Helps counteract conditions such as obesity, high blood pressure, and poor cholesterol levels, which can lead to heart attack and stroke later in life
- ▶ Helps delay or prevent illnesses associated with aging
- ▶ Improves self-image
- ▶ Improves muscle strength and tone



5 TIPS TO EXERCISE SUCCESS

1. Wear comfortable clothes and sneakers or flat shoes with laces.
2. Start off slowly. Build up to 30 minutes of activity, 3 to 4 times per week (or whatever your doctor recommends). If 30 minutes is too long, break it up into two 15-minute or three 10-minute sessions.
3. Exercise at the same time of day. For example, take a walk every other day at lunchtime so it becomes a habit.
4. Ask friends or family members to join in your activity. Having someone with you can increase your chances of sticking with it.
5. Vary your activities to stay interested. Walk one day, swim the next, go dancing the following day.

Be sure to talk with your doctor before starting any exercise program.



AT HOME

- ▶ Do some housework, such as cleaning or taking out the trash.
- ▶ Do some yard work. Mow the lawn, rake leaves, or work in the garden.
- ▶ Go for short walks—30 minutes in the morning, 30 minutes after dinner, or both.
- ▶ If you're not going too far, walk or ride a bike instead of driving.
- ▶ If you have exercise equipment, use it! Pedal a stationary bike while watching TV.
- ▶ Take a longer walk with the dog.
- ▶ Park farther away from stores, and walk the rest of the way.
- ▶ Walk an extra lap or two around the mall.

AT THE OFFICE

- ▶ Take a stroll down the hall instead of calling someone on the phone.
- ▶ Walk up the stairs instead of using the elevator all the time, or get off the elevator a few floors early and take the stairs the rest of the way.
- ▶ Join a gym near your job. Work out before or after work to avoid rush-hour traffic, or drop by for a noon workout.
- ▶ Schedule exercise on your daily calendar, and treat it like any other important appointment.
- ▶ Get off the bus or subway a few stops before your usual stop, and walk the rest of the way.
- ▶ Take a walk around your building for a break during the workday or at lunchtime.

WHILE TRAVELING

- ▶ Stay at hotels with fitness centers or swimming pools, and use them.
- ▶ Walk around the airport while waiting for your plane.
- ▶ Walk around your hotel, and use the stairs instead of the elevator.
- ▶ Explore your surroundings in new cities or towns by walking around or riding a bike.
- ▶ Pack a jump rope in your suitcase to use when you travel.



AT PLAY

- ▶ Get together with friends who enjoy the same physical activities that you do, and do them together.
- ▶ Dance—by yourself or with someone else. Take lessons.
- ▶ Join a club that revolves around physical activities such as golf or tennis.
- ▶ At the beach, get up and walk instead of just sitting.
- ▶ On the golf course, walk instead of using a cart.
- ▶ Play singles tennis or racquetball instead of doubles.



NUTRITION AND EXERCISE TIPS FOR LOWER CHOLESTEROL



UNDERSTANDING FOOD NUTRITION LABELS

Serving Size

Check to see if your serving is the same size as the one on the label. If you eat double the serving size listed, you need to double the nutrient and caloric values. If you eat one half the serving size listed, the nutrient and caloric values should be halved.

Calories

Look here to see what a serving of food adds to your daily total. A person's weight and activity level help determine total calories needed per day. For example, a 138-lb active woman needs about 2,000 calories each day, whereas a 160-lb active woman needs about 2,300.

Total Carbohydrates

Carbohydrates are found in such foods as bread, potatoes, fruits, milk, vegetables, and sweets.

Carbohydrates are the main source of energy for body functions. Talk to your healthcare provider or dietitian about the amount of carbohydrates you should have in your meal plan.

Dietary Fiber

It is important to consume foods containing fiber from a variety of sources. Fruits, vegetables, whole-grain foods, beans, and legumes are all good sources of fiber and can help lower cholesterol, and thus reduce the risk of heart disease. Consumption of 20 to 35 g per day is generally recommended.

Sugars

Labels will indicate the grams of sugars in a food—both the natural and the added sugars. Because sugars are a type of carbohydrate, the most important number to look at on the label is the total amount of carbohydrate for the serving you are eating. Talk to your healthcare provider or dietitian about the use of sugar in your meal plan.

Vitamins and Minerals

Make it your goal to get 100% of each every day. Let a combination of foods contribute to a winning score.

Nutrition Facts

Serving Size: 1/2 cup (114 g)

Servings Per Container: 4

Amount Per Serving

Calories 90 Calories From Fat 30

% Daily Value*

Total Fat 3 g **5%**

Saturated Fat 0 g **0%**

Trans Fat 0 g **0%**

Cholesterol 0 mg **0%**

Sodium 300 mg **13%**

Total Carbohydrate 13 g **4%**

Dietary Fiber 3 g **12%**

Sugars 3 g

Protein 3 g

Vitamin A 80% Vitamin C 60%

Calcium 4% Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	200 mg	200 mg
Sodium	Less than	2,300 mg	2,300 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Additional nutrients may be listed on some food labels.
g = grams (about 28 g = 1 ounce); mg = milligrams (1,000 mg = 1 g).

Total Fat

Try to limit your calories from fat. Too much fat may contribute to heart disease and cancer. Choose foods with fewer than 30% of calories derived from fat.

Saturated Fat and Trans Fat

Saturated fat and trans fat are the "bad" fats. Both are key players in raising blood cholesterol and your risk of heart disease. Fewer than 7% of daily calories should be from saturated fat.

Cholesterol

Challenge yourself to eat foods totaling less than 200 mg of cholesterol each day. Too much cholesterol can lead to heart disease. Cholesterol is found in foods of animal origin, such as meat, fish, eggs, and whole-milk products, such as cheese and butter. Certain food products that contain plant stanols/sterols (for example, cholesterol-lowering margarine) can help lower cholesterol.

Sodium

Too much sodium (or salt) adds up to high blood pressure in some people. Sodium intake should be 2,300 mg per day or even lower, depending on your health. Talk to your healthcare provider or dietitian about the amount of sodium you should have in your diet.

Protein

Most adults get more protein than they need. Even though protein from animal sources, such as meat, fish, milk, and cheese, is of higher nutritional quality than plant-based protein, it is also higher in fat—especially saturated fat and cholesterol. Use skim or low-fat milk, yogurt, and cheese. Try to get some protein from vegetables (such as beans), grains, and cereals.

Daily Values

These daily values apply to people who eat 2,000 to 2,500 calories each day. If you eat less, your personal daily values may be lower.



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