

Cholesterol

1. Too much cholesterol in the blood can lead to heart disease and stroke--America's #1 and #3 killers.
2. In addition to high cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke.
3. Talk to your healthcare provider about planning a food plan that is nutritious, well balanced and low in saturated & trans fats and cholesterol. Also ask them to help you design a safe and realistic exercise program.
4. Limit your salt & alcohol intake.
5. Monitor your blood pressure and cholesterol---Know your numbers!!!
6. Learn about the warning signs of heart attack and stroke. For more information visit: www.americanheart.org
Knowledge is Power, so LEARN & LIVE!!