

Wellness Tidbits



KNOWLEDGE IS KEY: TAKE CONTROL OF YOUR CHOLESTEROL

A big motivator to learn more about cholesterol is having the knowledge to either improve your levels or keep them in a healthy range. Here are some tips from the CDC to improve your levels and keep them in a healthy range.

Get tested at least every 5 years.

Make healthy food choices. Limit foods high in saturated fats. Foods from animals usually have lots of saturated fats. Instead, focus on eating more fiber (oatmeal and beans) and healthy unsaturated fats (avocados, olive oil & nuts).

Get moving. The *Physical Activity Guidelines* for Americans recommends that adults get 150 to 300 minutes of moderate physical activity each week.

No smoking. This can damage your blood vessels, harden your arteries, and increase your risk for heart disease.

Work with your health care provider. See suggestions from the American Heart Association on items to ask your health care provider – [click here](#).

Know your family history. If you have a family history of high cholesterol, it might be best to get cholesterol levels tested more often.



Resources:

https://www.cdc.gov/cholesterol/myths_facts.htm

<https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is the standard recommendation for how often to have your cholesterol levels tested?

**ANSWER FITBIT®
CHALLENGE HERE!**

