

# A HEALTHY HEART & CHOLESTEROL

Obesity at any age can be related to changes  
In your body that can make you unhealthy & not feel so good!

ESPECIALLY when it comes to your **HEART**

What is cholesterol anyway?

- There is *good* cholesterol (**HDL**) → always want this to be HIGH
- There is *bad* cholesterol (**LDL**) → always want this to be LOW

Cholesterol is fat that is naturally found in the liver and blood



High levels of LDL can cause → *Atherosclerosis*

- This can cause arteries to harden and block nutrition and blood to the heart and the body

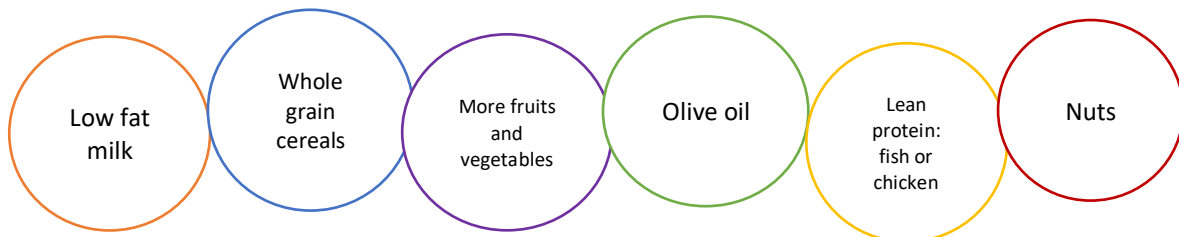
HDL collects the bad cholesterol and gets rid of it.

- This is why we need to have more HDL in our system

Studies have shown that reducing specific foods can reduce cholesterol levels and reverse *any* damage done to your heart!

Also, when heart health is protected and cholesterol is low, this *protects* against other diseases that can be harmful to your health and well-being.

Eat more of these foods to increase HDL:



TYPES OF PHYSICAL ACTIVITY	WHAT DOES IT IMPROVE?	EXAMPLES
Aerobic	Improve LDL	Walking, dancing, riding bicycle
Strength Training	Improve HDL	Push-ups, squats, weights

