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 blocknutrition 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:

- Low fat milk
- Whole grain cereals
- More fruits and vegetables
- Olive oil
- Lean protein: fish or chicken
- Nuts

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