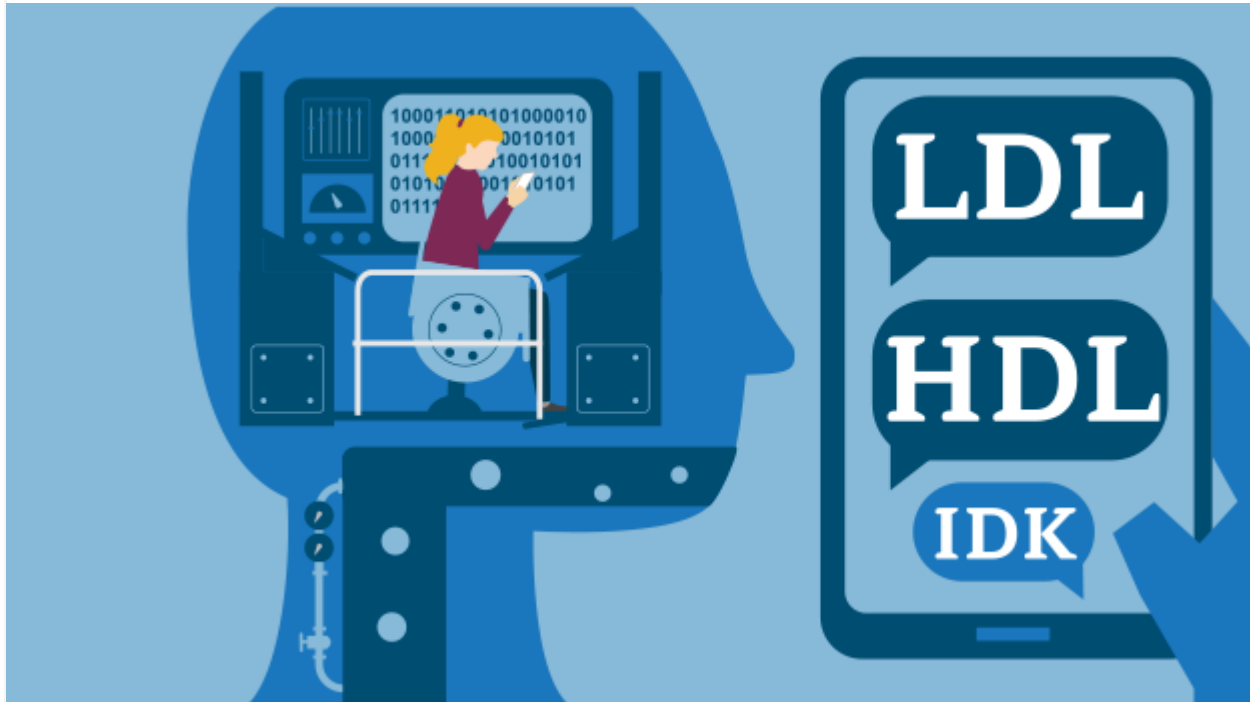




WELL-BEING
AWARENESS



Learn the nuts and bolts about cholesterol

Your body does a good job of keeping your cholesterol levels in balance. But, there are steps you can take to help raise your HDL or “good” cholesterol and lower your LDL or “bad” cholesterol—which can help reduce your risk for heart disease and keep your well-being at its best.

Take small steps to achieve better heart health
with the Daily Habits tool.

[GET STARTED](#)

Enjoy good fats

To help increase your HDL or “good” cholesterol, eat salmon, walnuts and other foods high in omega-3 fatty acids. To help lower your LDL or “bad” cholesterol, eat olive oil, avocado and other foods high in monounsaturated fats.

Live actively

Daily exercise is one of the best ways to boost your HDL levels. Start with 10 to 15 minutes of walking a few times a week. Slowly build up to at least 30 minutes of vigorous walking at least five times per week, or however much your doctor recommends.

Limit bad fats

Too much LDL or “bad” cholesterol can lead to heart disease and other chronic conditions. You should limit or avoid high-fat and high-cholesterol foods such as processed meats, fried foods and fast food.

Take it easy

Find time to take a nap, read a book, go for a walk or unwind any other way you like. Chronic stress can help raise your LDL and lower your HDL levels.

Know your numbers

If you're over the age of 20, the American Heart Association recommends you get your cholesterol checked every four to six years. If you are over 40 or have risk factors for heart disease, you will need it checked more frequently.

Contact your healthcare provider for more information about being screened for high cholesterol.



SOURCES

Centers for Disease Control and Prevention: "LDL and HDL Cholesterol: "Bad" and "Good" Cholesterol

Harvard Health Publishing: "Elevating your HDL game"

MedlinePlus: "How to Lower Cholesterol with Diet"

American Heart Association: "Walking 101"

MedlinePlus: "Cholesterol Levels: What You Need to Know"

American Heart Association: "How To Get Your Cholesterol Tested"

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