

Live Heart Smart.

Lowering your cholesterol.

Cholesterol is fat that's found in the blood. Your body needs it in the right amounts. But high cholesterol can lead to heart attacks and strokes.

High cholesterol may have no warning signs. So it's important to have your doctor test for it regularly.

Are you at risk for high cholesterol?

Does your brother, sister, mother or father have high cholesterol levels?	Yes	No
Do you often eat foods that contain saturated fats (red meat, dairy, butter and coconut oil)?	Yes	No
Do you often eat vegetable oil, margarine and processed foods?	Yes	No
Do you often eat foods high in cholesterol and fat (eggs, whole milk dairy products)?	Yes	No
Are you 20 pounds or more overweight?	Yes	No
Do you avoid foods that are high in fiber (fruits, vegetables, oat bran and beans)?	Yes	No
Do you NOT know your blood cholesterol level?	Yes	No

If you answered yes to:

5 or more questions	Talk to your doctor about your cholesterol level.
3 or 4 questions	Talk to your doctor about how to change those "yes" answers to "no."
2 or fewer questions	Keep up the good work.



Round	Team	Project Details	Dimensions
3 UHC_CS	Design: Mike Production: Lisa Ast Mgr: Tracy Mkt Mgr: Job: 11661	Color(s): CMYK File Name: CST11661_NT16_HeartHealth_Info Flyers.indd	Flat: 8.5x11" @100% Fold:" Software: InDesign CC



Good cholesterol vs. bad cholesterol.

Total cholesterol is made up of good and bad cholesterol.

HDL (high-density lipoprotein) = good cholesterol

HDL (good) cholesterol removes fat from the blood. So it lowers the risk of heart disease and stroke.

LDL (low-density lipoprotein) = bad cholesterol

LDL (bad) cholesterol forms fatty deposits that build up inside the arteries. Your arteries supply blood to your heart and brain. Clogged arteries can lead to a heart attack or stroke.

Ways to lower your cholesterol.

Eating foods that have good cholesterol can help you avoid heart attacks. These foods carry bad cholesterol to your liver. Your liver removes it from your body.

Foods that are high in fiber can help remove bad cholesterol. So can foods that have the right type of fat. Try to include foods with high fiber and good fat into your meals:

- Apples, pears and prunes
- Blueberries and strawberries
- Beans, broccoli and carrots
- Oatmeal, barley and brown rice
- Salmon
- Olive oil
- Nuts

Eating a healthy diet can help you lower your cholesterol. So can exercising, losing weight and not smoking. All these things are easier when you **Live Heart Smart**.

Join us today.

At **Live Heart Smart** events, we help one another learn about healthy eating and exercise. **Sign up today.**

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Live Heart Smart.

Four steps to prevent diabetes.

Diabetes is a disease that affects how your body uses glucose, commonly called blood sugar. Glucose is an important source of energy for the cells that make up your muscles and tissues.

If you have diabetes, you have too much glucose in your blood. Too much glucose can lead to serious health problems. Like heart disease and kidney damage.

Here are four steps you can take to reduce your risk of getting diabetes.

STEP 1: Know your risks.

Some people are more likely to develop diabetes. If you have one or more of the risk factors, it's important to take extra care of your health. It will help reduce your risk of getting diabetes.

You could be at higher risk if you:

- Are 45 years or older.
- Are overweight.
- Have pre-diabetes (blood glucose higher than normal but lower than the diabetes range).
- Are of African-American, American-Indian, Asian-American, Pacific Islander, Hispanic-American or Latino descent.
- Developed diabetes when you were pregnant.
- Have high blood pressure (140 or higher).
- Exercise less than three times a week.

STEP 2: Keep a healthy weight.

Studies show that people who are at a high risk for diabetes can prevent it by losing a small amount of weight.



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STEP 3: Eat a healthy diet.

Choose foods that are lower in fat and calories and limit the amount you eat. Here are things you can do today to eat healthier:

- Choose foods that are lower in fat.
- Grill or bake your foods instead of frying.
- Buy more fruit, vegetables and whole-grain foods.
- Use low-fat or light versions of ingredients like sour cream, cream cheese, salad dressing or mayonnaise.

STEP 4: Get more exercise.

Being active every day will help you burn calories and lose weight. Here are some ideas to get you started:

- When shopping, park a little farther away from the store's entrance.
- If it's safe, get off the bus one or two stops early and walk the rest of the way.
- When watching television, use the commercial break to take a quick walk around your home or do other exercises.
- Walk with friends or family members throughout the week.

If you have not been active, start slowly. And be sure to talk to your doctor before starting an exercise program.

About 29 million people in the United States have diabetes. **Live Heart Smart** and get help reducing your risk of diabetes.*

* Source: Centers for Disease Control and Prevention (CDC).

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Live Heart Smart. Benefits of exercise.

It can be hard to start an exercise routine. But if you can get started and keep going for 30 days, your body will be used to it and you'll feel better. Then it will be hard to stop exercising.

Besides, exercise is so good for you. It can help you lose weight, shape your body, and increase your energy level.

Better health, now and in the future.

When you get regular exercise, you lower your risks of many health problems.

Exercise reduces:

- Anxiety.
- Depression.
- Stroke.
- Heart disease.
- Diabetes.
- Stress.
- Poor health habits.

Regular workouts also increase energy, strength and endurance. You'll notice an increase in your agility, coordination and balance.


Be sure to check with your doctor before beginning a new exercise program or diet.

A happier outlook.

It's hard not to smile while walking with a friend, playing ball with your kids or splashing in a cool pool. Happiness increases more when you find a sport or activity you love.

Doctors at the National Institutes of Health say that physical activity also decreases your appetite and may reduce cravings for sweets.



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A sharper mind.

Exercise increases blood flow through your body and to your brain. The blood carries oxygen that makes the brain work. More blood and oxygen means more fuel for your brain.

Better sleep.

People who exercise regularly have less sleeplessness. Exercise helps improve sleep by smoothing the change between different stages of sleep. For some people, just working out is enough to end their sleep problems.

More self-confidence.

Researchers at the Mayo Clinic have found that even small amounts of exercise can change how you think about your looks and your own self-worth. Doing something healthy for yourself means you give yourself more value.

Live Heart Smart, and get support and information to make exercise fun and successful.

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Live Heart Smart.

Managing your blood pressure.

High blood pressure, also called hypertension, affects about 70 million Americans.

Knowing your blood pressure numbers can help alert you to the warning signs of hypertension. It can help you monitor your condition if you already have hypertension.

Know your numbers.

Blood pressure is the force of blood against the walls of the arteries that carry blood through your body. The heart creates blood pressure as it pumps.

Normal blood pressure is below 120/80.

The first number (systolic) is the pressure when the heart beats.

The second number (diastolic) is the pressure when the heart rests between beats.

Health Risk	Systolic	Diastolic
Normal	119 or below	79 or below
Prehypertensive	120-139	80-89
High	140 or above	90 or above

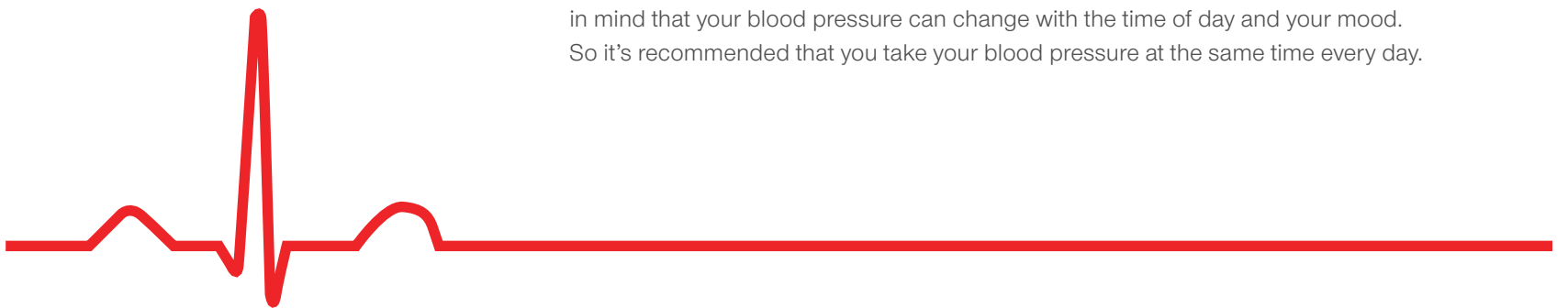
Source: National Institutes of Health Classifications

Check your blood pressure regularly.

High blood pressure usually has no symptoms. That's why it's called the silent killer.

The only way to know if your blood pressure is high is to check it regularly. But keep in mind that your blood pressure can change with the time of day and your mood.

So it's recommended that you take your blood pressure at the same time every day.



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You can control the risks of high blood pressure.

You can't control heredity. But you can control the risks that cause high blood pressure. Work with your doctor to find the best treatment for you. Here are some general guidelines:

- Lose weight if you're overweight.
- Eat healthy foods low in saturated fat, trans fat, cholesterol and salt.
- Eat more fruits, vegetables and low-fat dairy products.
- Limit alcohol to one drink a day for women.
- Limit alcohol to two drinks a day for men.

High blood pressure is common. And dangerous. When you **Live Heart Smart**, you'll get help managing your blood pressure in a supportive setting.

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