

# Cholesterol and You

Cholesterol is a waxy substance found in your blood that your body needs to build cells; however, too much can pose a problem. Cholesterol travels through the blood on proteins called lipoproteins. There are two high

-density lipoprotein (HDL), known as good cholesterol, absorbs cholesterol and carries it back to the liver to be flushed from the body.

High cholesterol usually has no symptoms, so the American Heart Association (AHA) recommends that adults age 20 or older have their cholesterol checked every four to six

and baked goods.

- x Exercise regularly. The AHA recommends individuals get at least 150 minutes of moderate aerobic exercise each week. Adding resistance exercises to your routine at least twice a week can further help.
- x Avoid or quit smoking. Smoking tobacco increases LDL cholesterol, decreases HDL cholesterol and can result in cholesterol buildup in one's arteries.
- x Limit alcohol use. If you consume alcohol, do so in moderation. For men, this typically means up to two drinks per day, and for women, one drink per day.
- x Maintain a weight that is healthy for you. Having excess weight or obesity can increase your risk of developing high cholesterol levels. A doctor can help

