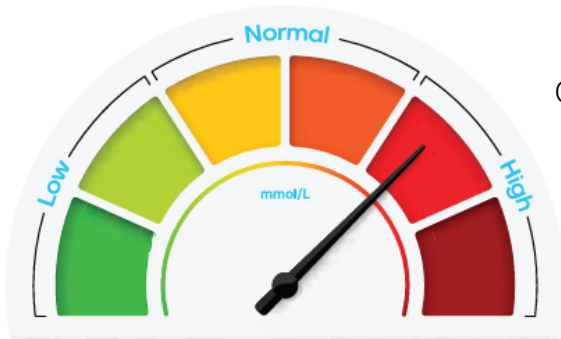


# Understand Your Cholesterol

Maintaining healthy cholesterol levels is a great way to keep your heart healthy.

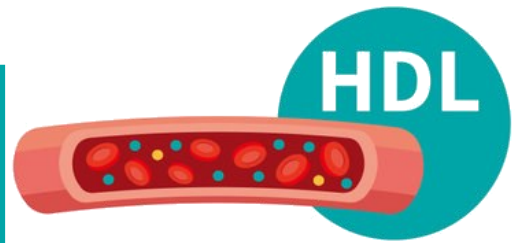


Cholesterol is a fat-like substance that comes from two sources: **FOOD** and your **BODY**.

It's important to **check your cholesterol** to make sure you're at a healthy level.

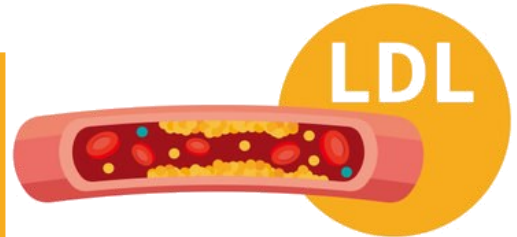
## HDL = GOOD

High-density lipoprotein is known as "Good" cholesterol. High levels of HDL cholesterol can reduce your risk of heart disease and stroke.



## LDL = BAD

Low-density lipoprotein is known as "Bad" cholesterol. High levels of LDL cholesterol can lead to heart disease and stroke.



## Tips to Manage Your Cholesterol

- Eat a healthy diet: limit sugary, salty and fatty foods.
- Get at least 150 minutes of moderate physical activity each week.
- Take medication as directed.
- Maintain a healthy weight.
- Quit smoking.
- Get your cholesterol checked. Talk to your doctor about your numbers and how they affect your overall risk.