

## Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### Five Tips to Lowering Cholesterol



September is National Cholesterol Education month. Having good cholesterol is important for your overall health. Lifestyle behaviors are the most common factor affecting one’s cholesterol level. Here are five lifestyle habits that may help manage yours.

1. **Eat a Heart Healthy Diet.** Select foods low in cholesterol, saturated fat, and free of trans fat. It is also important to have a diet full of fruits and vegetables, whole grains, lean meats, and fat-free or low-fat dairy products.
2. **Exercise.** Being active can increase high-density lipoprotein (HDL), also known as the “good” cholesterol. Strive for at least 30 minutes a day on five or more days of the week.
3. **Avoid Tobacco Smoke.** Smoking can lower HDL levels. Avoid smoke if you are a non-smoker.
4. **Cook Healthy.** Select lean meats and buy “select” or “choice” grades instead of prime. Cook with a rack to drain off the fat when broiling, roasting, or baking. Use only the egg white of an egg. Also, try substituting applesauce for oil.
5. **Visit Your Doctor.** Know your family history of cholesterol. There are no warning signs for high cholesterol, so getting tested is very important. Even when taking medication, it is still important to lead a healthy lifestyle.

Source: [www.americanheart.org](http://www.americanheart.org)

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To view article visit our Web site at [www.marshfieldhealthylifestyles.org](http://www.marshfieldhealthylifestyles.org)

For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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