

Worksite Wellness: Cholesterol

What is cholesterol?

- Waxy, fat-like substance that your body needs
- Makes hormones and digests fatty foods
- Found in foods such as egg yolks, fatty meats and regular cheese

What you need to know!

- Too much cholesterol can build up on your blood vessel walls
- Over time, cholesterol will narrow the vessels, decreasing blood flow to your heart and other organs

Understanding your cholesterol reading.

- Total Cholesterol – amount of cholesterol in your blood, includes HDL, LDL and triglyceride numbers
- LDL “BAD” Cholesterol – majority of the body’s cholesterol that can cause build-up leading to heart disease and stroke.
- HDL “GOOD” Cholesterol – absorbs cholesterol and transports back to the liver then is flushed from the body. High HDL can reduce the risk for heart disease and stroke.

Staying Healthy – Prevention!

- Eat a healthy diet – stay away from saturated fats, trans fats – fatty meats, cheese, dairy, desserts, organ meats, baked goods, and fried foods
- Maintain a healthy weight
- Ensure physical activity – at least 2.5 hours of moderate-intensity exercise every week (30 minutes a day for five days)
- Avoid smoking – this damages the blood vessels and speeds up the hardening of vessels
- Limit alcohol use

For more information, visit www.cdc.gov/cholesterol.

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