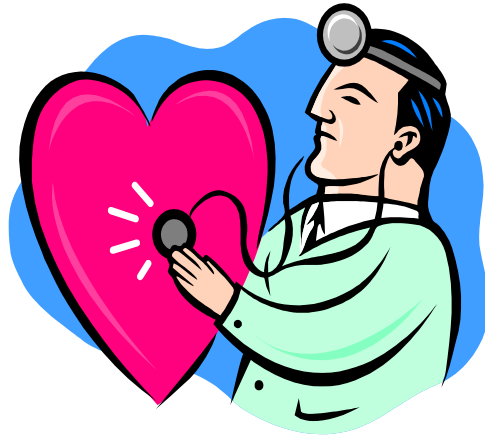


## Cholesterol Management Tips from The American Heart Association

By now you've had time to start making the lifestyle changes that will help you keep your cholesterol numbers in check and reduce your risk for cardiovascular disease and stroke. Just to ensure that you remember all the key elements to a healthy lifestyle, we've got a checklist for you and some tips on helping you achieve the items on the list.



Congratulations on your commitment to a heart-healthy life! Check your progress against these goals.

1. I've had my cholesterol checked and am keeping track of my numbers.
2. I know what my cholesterol should be and try to keep it at goal level.
3. I read food labels and buy foods that are low in cholesterol and saturated fat.
4. I know my body mass index and take measures to maintain a healthy weight.
5. I participate in moderately intense physical activity (like brisk walking) for at least 30 minutes most days of the week. (When time is short, I do the activity in three 10-minute segments during the day.)