

Mission In Motion

Health & Wellness Weekly Bulletin

September 2012—Cholesterol



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Lower cholesterol levels with lifestyle changes

Looking for ways to lower high blood cholesterol? Put these tips into action:

- Stop smoking.
- Make time for physical activity each day.
- Eat plenty of fruits and vegetables, whole grains and fish.
- Read food labels and avoid foods high in saturated and trans fats.
- Limit the cholesterol (from animal fats, cheese and butter) in your diet.

Source: American Academy of Family Physicians

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Lowering Your
Cholesterol

