

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 43



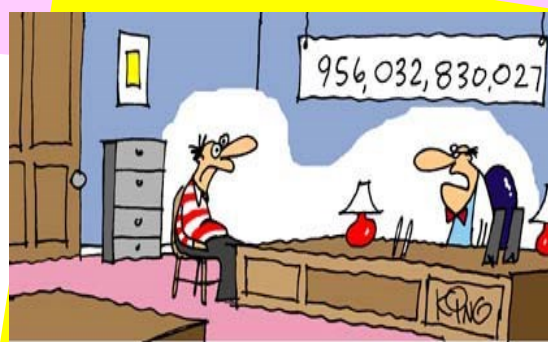
**October 21, 2013**

Here's how to increase the levels of HDL the so-called "good"—cholesterol in your blood:

- Lose some weight if you're overweight
- Exercise more
- Cut down on saturated fat
- Eat more soluble fiber (that's found in oats, beans, fruits, vegetables)
- Include fish in your diet
- Don't smoke

*Source: University of California, Berkeley Wellness Letter*

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"That number has nothing to do with the lottery or the stock market. That's your cholesterol level."