



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

A diet high in saturated and trans fats can contribute to high cholesterol levels. Focus on eating a diet rich in fruits, vegetables, whole grains, and lean proteins. Foods high in fibre, such as oatmeal and nuts, can help lower cholesterol levels. Try to limit your intake of sugar, salt, and processed foods.

FITNESS TIP

Aim for at least 30 minutes of moderate-intensity physical activity, such as brisk walking, most days of the week. Resistance training, such as weightlifting, can also help raise good (HDL) cholesterol

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HIGH cholesterol is a common health issue that can increase the risk of heart disease, stroke, and other health problems.

Symptoms: High cholesterol does not have any symptoms.

Causes: Poor diet, lack of physical activity, family history, smoking, and certain medical conditions.

Risk factors: Age, gender, family history, smoking, obesity, high blood pressure, and unhealthy diet.

Diagnosis: Blood test to measure cholesterol levels.

Treatment: Lifestyle changes (diet, exercise), medication (statins), and in severe cases, surgery.

The good news is that there are many ways to combat high cholesterol and improve your overall health. Here are some strategies for reducing high cholesterol levels and maintaining a healthy lifestyle:

Healthy Diet

It's important to follow a healthy diet. A diet high in saturated and trans fats can contribute to high cholesterol levels. Focus on eating a diet rich in fruits, vegetables, whole

grains, and lean proteins. Foods high in fibre, such as oatmeal and nuts, can also help lower cholesterol levels. Also, try to limit your intake of sugar, salt, and processed foods.

Exercise

Regular exercise can help lower cholesterol levels and improve overall heart health. Aim for at least 30 minutes of moderate-intensity physical activity, such as brisk walking, most days of the week. Resistance training, such as weightlifting, can also help raise good (HDL) cholesterol levels and lower bad (LDL) cholesterol levels.

Quit Smoking

Smoking can damage your blood vessels, increasing the risk of heart disease and stroke. Quitting smoking can improve your heart health

and lower your cholesterol levels, reducing your risk of developing these and other health problems.

Maintain a healthy weight

Being overweight or obese can increase the risk of high cholesterol and other health problems. Maintaining a healthy weight through a balanced diet and regular exercise can help lower cholesterol levels and reduce your risk of heart disease and other health problems.

Medication

If lifestyle changes alone are not enough to lower your cholesterol levels, your doctor may recommend medication, such as statins, to help control cholesterol. Be sure to follow your doctor's recommendations and take medication as directed.

High cholesterol is a common health issue that can be effectively managed through lifestyle changes then if necessary, medication. By following a healthy diet, exercising regularly, quitting smoking, maintaining a healthy weight, and considering medication, you can reduce your cholesterol levels and improve your overall health and well-being. So take control of your health today.

Change your life today – do not gamble on your future

Motivational quote of the day

