



Photos courtesy of pixabay.com

Eat Well, Age Well

Cholesterol Education Month

National Cholesterol Education Program (NCEP) is a program initiative to inform American's on how to reduce illness and death from coronary heart disease (CHD) by reducing elevated levels of cholesterol.

Cholesterol education is to help prepare individuals on what can be done to stop CHD. A few things to do for protection are primary prevention including screening, build a healthy routine including exercise, and eating foods high in antioxidants and omega-3 fatty acids such as berries, fish, and nuts. Each action taken will aid in the eradication of chronic diseases that occur with high cholesterol such as CHD.

The American Heart Association recommends all adults over age 20 have regular screening to check their cholesterol levels every 4-6 years. This is huge in prevention since high cholesterol does not normally have symptoms and can be unnoticed for years.

What can be done to protect yourself against high cholesterol is to have a get 8-10 hours of sleep, consume nuts and berries and to have daily movement. Start at a place you know you can reach such as 10 minutes of walking, then move to a longer duration of activity.

Source adapted from: https://www.medicinenet.com/cholesterol_levels_pictures_slideshow/article.htm

Weekly Challenges

Tend to your health and get 8-10 hours of sleep

Get outside and exercise for 15-30 minutes a day

Schedule a health screen if you know one is due

Mix and match berries and nuts into your weekly grocery list!

**Did you Know...
51% of adults 65+ in WI have high cholesterol!**

Cholesterol Education Month

Find the hidden words in this puzzle that relate to Cholesterol education. Have fun and good luck!

E R F F C H O X A H T S I N J Z K V F M
 E M J M S T D R R F X Q H V L Y J N N G
 P R U N S A T U R A T E D U Z I N K C C
 W K P X B E N F Y S Z S M T K U V N R C
 Q T K P R U I F W V T A N U L W K P X L
 I Y A I J S Q V N M N E X I E F N F O V
 H N E X C K X E S T M F E X M S X M G J
 O S B O P O C Q I E H X F T R A E H H B
 R D Y R T J G O V G E W K X L K T D R T
 M T P V P V X O D R Z G U I V F C I E Y
 O J A F M I M I C U S O P N J H D R V W
 N H H P D B L I L F V O V C O M Q Z O D
 E P T A M Q S P T Z P D A L B P J X K L
 S R N A A E O Y T R W I E V L O U T K Q
 G T E I Y U I T O J P S S S U W G R F Y
 S D O Z I S Q T N Q T Z L Q U Z M C Y S
 S U H L X Y E A T E I Y R H F O U Y K M
 O C N O I I C R R I N Q X H L O R N O A
 J Y T O N E L O O P K M M B F O M L X O
 B W G Q P D L C N L E G E N E T I C S O

ANTIOXIDANTS
 CHOLESTEROL

LIPOPROTEIN
 VITAMINS
 GOOD

HEART
 GENETICS
 UNSATURATED

HORMONES

MOVEMENT
 EXERCISE
 ARTERIES

BAD