

Know Your Numbers

Tips to Improve HDL Cholesterol

Week 1

HDL cholesterol is the kind of cholesterol you want more of.

It's called the "good" cholesterol because it helps protect you from getting heart disease. HDL cholesterol brings cholesterol to your liver, which sends it out of your body. So you want as much HDL as possible.

If you're a man and your HDL level is below 40, or a woman with an HDL level lower than 50, you're more likely to get heart disease. Having an HDL level of at least 60 may help protect you from getting heart disease.

5 Ways to Raise Your HDL Cholesterol

Some diet and lifestyle changes help boost HDL cholesterol levels:

- **Get active.** Physical activity can boost your HDL level. Get at least 30 minutes a day of moderate activity, most days of the week.
- **Lose extra weight.** If you're overweight, losing extra pounds can help raise your HDL levels, as well as cut your LDL ("bad") cholesterol levels.
- **Choose better fats.** The healthier choices are monounsaturated and polyunsaturated fats. You'll find these in plants, nuts, and fish like salmon or tuna. And, like everything you eat, keep your portion sizes small. Fats pack a lot of calories in small amounts.
- **Alcohol in moderation.** Drinking moderate amounts of alcohol is linked to higher HDL levels. If you don't drink now, check with your doctor before you start, since alcohol has some risks not related to cholesterol.
- **Stop smoking.** Kicking the cigarette habit can raise your HDL level.

Source: <http://www.webmd.com/heart/how-to-boost-your-good-cholesterol>

****For additional help implementing these changes, take advantage of your health coach!** To set up your appointment please contact your Agnesian Health Coaches at Tara: 920-926-5678 or Angie 920-926-5508 or e-mail workandwellness@agnesian.com.