

Cholesterol; are fats, produced in the Liver and circulate in the bloodstream.

Production:
Regulated by the body.

Lipoproteins (HDL and LDL).

Packages of cholesterol and fat coated with a water soluble protein:

- LDL (Low-density lipoproteins). Transport cholesterol to where it is needed.
- HDL (High-density lipoproteins). Transport excess cholesterol back to the liver where it is excreted.

Production:
Determined by diet.

Triglycerides (aka dietary fat).

Calories stored in fat cells.

Your body needs cholesterol.

Used to build cells and produce hormones:

- Testosterone.
- Synthesise vitamins: A, D, E & K.
- Regulates nervous system, mood and ability to handle stress.
- 25% found in the brain, brain cells die without adequate cholesterol.

Burned to create energy.

We measure HDL and total cholesterol (TC) from a small fingerstick sample of blood



Too much of the wrong type of cholesterol can be bad for you.

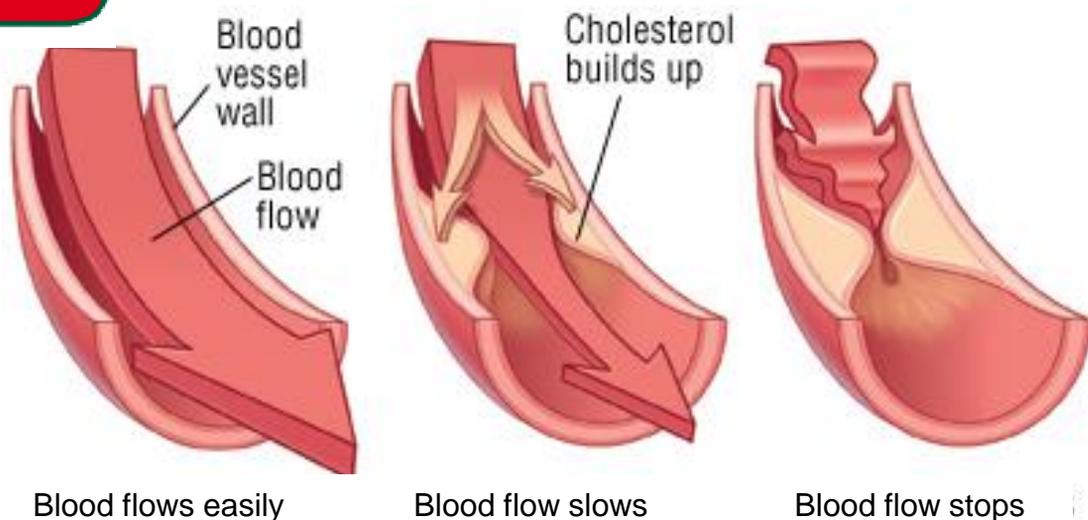


“Bad”. Target <1.7 . Multiplies harmful effects of other CVD risk factors (smoking, blood pressure, cholesterol).

Measured in millimoles per litre (mmol/L)



“Bad”. Target <3 . Any higher and it begins to clog up your arteries, restricting blood flow (atherosclerosis).



Risk of angina, stroke and heart attack



“Happy”. Target $>1 - 1.5$. Keeps “Bad” cholesterol at healthy levels by helping your body transport it away.

Overall cholesterol targets:

- Total cholesterol (TC): target <5 .
- Ratio of TC to HDL: target <5 .

Change your lifestyle to boost your HDL (happy cholesterol) and reduce your bad cholesterol by up to 20% in 3 months.

1. Eat Healthy

- Reduces your bad cholesterol levels by over 10%.
- Our Healthy Eating fact sheet provides the essential details.
- Never heat oil to the point where it starts to smoke and never re-use old oil.
- Reduce saturated and trans-fats and increase unsaturated fats and Omega fatty acids.

Vital Signs Assessment. Fact Sheet
Eat Healthy



Follow the Eatwell Guide to what you should eat from each of 5 food groups.



1. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
2. Drink 6-8 cups/glasses of fluid a day. Fluids high in fat, salt or sugar should be drunk in small amounts.
3. Choose unsaturated oils and spreads and eat in small amounts.
4. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.
5. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
6. Eat at least 5 portions of a variety of fruit and vegetables every day.

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Saturated	Trans-fat	Mono-unsaturated	Poly-unsaturated	Omega 3
Raise LDL	Raise LDL. Lower HDL	Lower LDL without lowering HDL	Lower LDL. Raise HDL	Lower triglycerides
<ul style="list-style-type: none"> • Processed meats • Fatty meat • Hard cheeses • Whole milk and cream • Butter, lard, ghee, suet • Palm oil • Coconut oil 	<ul style="list-style-type: none"> • Pastries • Cakes • Biscuits • Crackers • Fried foods • Takeaways • Hard margarines 	<ul style="list-style-type: none"> • Avocados • Olives • Olive oil • Rapeseed oil • Almonds • Cashews • Hazelnuts • Peanuts • Pistachios 	<ul style="list-style-type: none"> • Oily fish • Corn oil • Sesame oil • Soya oil • Flaxseed • Pine nuts • Sesame seeds • Sunflower seeds • Walnuts 	<ul style="list-style-type: none"> • Oily fish such as herring, mackerel, pilchards, sardines, salmon, trout and fresh tuna

How to improve your cholesterol

2. Keep Active

- Can increase your HDL (happy cholesterol) by about 5% within 2 months which in turn reduces your bad cholesterol.
- Apple shaped obesity concentrates bad cholesterol around organs such as the liver and pancreas reducing the ability of your liver to produce HDL and your pancreas to transport the bad cholesterol away. Losing inches around your waistline can help increase HDL levels, even if the scales do not show any weight loss.

3. Stop Smoking

- Can increase your HDL.
- Start repairing the damage to the fragile lining of your artery walls:
 - Reducing the stickiness and build up of LDL.
 - Requiring less HDL to transport the LDL away.

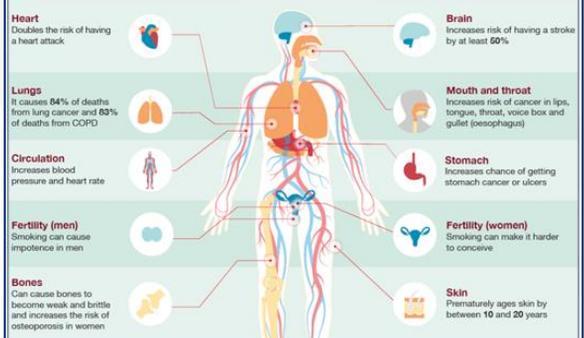
Keeping active is good for almost every aspect of your health

- Maintains your bones, keeps your joints supple, helps your posture.
- Reduces your heart age.
- Helps you sleep.
- Burns off those calories and keeps your weight down.
- Hydrates and freshens your skin making you look younger.
- Reduces the symptoms of anxiety and depression.

Here are some activities and the calories you can burn in 30 minutes.

YOGA (HATHA)  95 calories	VACUUMING  130 calories	WALKING  135 calories	GARDENING  145 calories
CLIMBING STAIRS  155 calories	ROWING MACHINE  185 calories	HIKING  205 calories	BADMINTON  215 calories
SWIMMING (LEISURELY)  235 calories	JOGGING  270 calories	AEROBICS  285 calories	TENNIS  285 calories
CYCLING  290 calories	DANCING  300 calories	MARTIAL ARTS  400 calories	RUNNING (7 MPH)  425 calories

Health effects of smoking.



It's not too late to stop smoking

