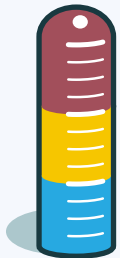


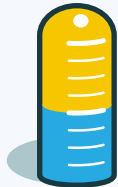
# CONTROLLING HIGH CHOLESTEROL

## ► Facts

### High Cholesterol



### Borderline-High



### Best



► **LDL**   
"Bad" Cholesterol

► **HDL**   
"Good" Cholesterol

## ► What Causes High Cholesterol?

The   
**Foods You Eat**

 **Being Over-weight**

 **Being Inactive**

**Age** 

**Family History** 

 **Overall Health**

## ► How is it Treated?

**Eat A Heart-Healthy Diet**  


 **Lose Weight**

**Get Regular Exercise**  


**Don't Smoke!**  
