

OPTIMIZE YOUR CHOLESTEROL

A STEP-BY-STEP APPROACH TO LOWER AND MAINTAIN YOUR CHOLESTEROL!



UNDERSTANDING CHOLESTEROL:

- Cholesterol is a waxy substance found in your blood that is produced by our bodies to help build healthy cells. However, humans consume dietary cholesterol through their diet. Cholesterol is only found in animal products including meat (beef, pork, poultry and fish), eggs, and dairy products.
- When too much cholesterol in the blood it may lead to health complications such as the risk of cardiovascular disease.

LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Avoid dietary cholesterol which is often found in animal products such as meat, eggs, and dairy.
- Avoid trans fats by reading food labels and avoiding foods like margarines, cookies, and frozen meals.
- Avoid saturated fats including meat, butters and tropical oils.
- Avoid oil by cooking in water or vegetable stock, and consuming healthier fat options such as nuts, seeds, and avocados.
- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Consume whole grains daily such as 100% whole grains, brown rice, whole oats, and corn.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Fuel with fiber by incorporating whole, plant-based foods that are high in fiber into your diet such as beans, legumes, whole grains, oats, fortified cereals, apples, popcorn, and chia seeds.
- Move more and incorporate enjoyable physical activity and exercise into lifestyle.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.

LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://liveandlead.teachable.com/p/understandcholesterol>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/optimize>

MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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