

# What is cholesterol & why does it matter?

LDL: "Bad" cholesterol

HDL: "Good" cholesterol

High levels of LDL can lead to high blood pressure and chronic health conditions such as heart disease and stroke\*

problem

solution

## Unhealthy diet\*:

High in saturated, trans fats, and excessive sugar

## Chronic stress\*:

Triggers the release of cortisol, which increases LDL cholesterol production

## Lack of physical activity\*:

Reduces HDL cholesterol, leading to weight gain

# What negatively impacts cholesterol?

# How to lower cholesterol

## Healthy Diet\*:

Increase fiber-rich foods, reduce saturated fats

## Manage Stress\*:

Try meditation, yoga, or mindfulness techniques

## Exercise Regularly\*:

At least 150 minutes of moderate activity weekly