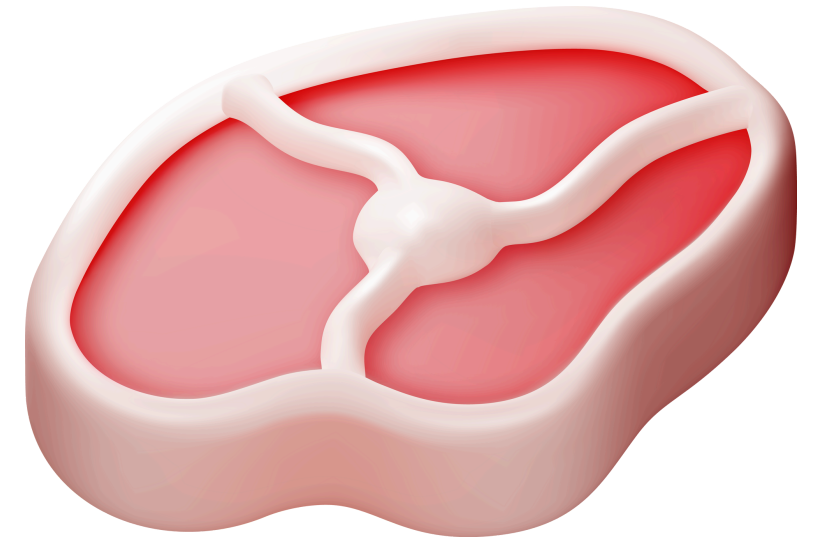


Managing Cholesterol Levels



Eat a heart-healthy diet



Limit saturated fats



Stay Active.
Manage Stress



Take Medication
(if prescribed)



Quit smoking &
limit alcohol



Regularly monitor
cholesterol levels.