Cholesterol
- • Train your heart to work more efficiently and condition your lungs.
- • Known risk factors for heart disease. Aerobic exercise in particular can help
- • Reduce your sodium intake to less than 2,300 mg to avoid high blood
- • No more than 300 milligrams of cholesterol should be eaten daily. Since
- • Up to 7 percent of your total daily calories should be from saturated fat
- • To limit cholesterol and promote heart health, the American Heart Association
- • Controlling your cholesterol is key to preventing heart disease. For some,
- • Healthy Eating
- • Healthy Behaviors
- • Avoid stress by finding ways to control your thoughts such as yoga,
- • Eating right is key to preventing and managing high blood pressure, so
- • Signs of Stroke and DVT
- • Women are more likely to experience heart attacks at night or early in the morning.
- • Cholesterol: How to Lower Your LDL
- • Cholesterol: A Numbers Game
- • Controlling your cholesterol is key to preventing heart disease. For some,
- • Diabetes
- • A State Community and Technical College of West Virginia | An Equal Opportunity/Affirmative Action Employer

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