


HEALTHY LIVING: REDUCING YOUR CHOLESTEROL



The Canadian Cardiovascular Society recommends the following steps towards maintaining a healthy lifestyle:

- Don't smoke!
- Eat healthy: Limit intake of saturated and trans fatty acids, simple sugars, and refined carbohydrates. Eat a diet rich in vegetables, fruit, whole-grain cereals, and polyunsaturated and monounsaturated oils, including omega-3 fatty acids.
- Achieve and maintain a healthy weight. Aim for a waist circumference of less than 94 cm for men and 80 cm for women and a Body Mass Index (BMI) between 25-27kg/m².
- Be physically active!

Aim to be active 4-7 days per week <u>OR</u> each day for at least 30 minutes		
Aerobic activity	Amount and Intensity of activity	Examples of different activities
can do all at once or add 10 mins of activity at a time 	<i>light:</i> 60 min [per session] <i>moderate:</i> 30 to 60 min [per session] <i>vigorous:</i> 20 to 30 min [per session]	light housekeeping and gardening, walking at a slow pace, fishing, bowling, golf (with power cart) brisk walking, continuous swimming, dancing, water aerobics, heavy yard work and gardening activities jogging, hockey, aerobics, tennis, basketball, brisk walking up an incline, hiking, skiing, rowing, etc.
Resistance [training]	2 to 3 times per week	Free weights or weight machines <i>*recommended instruction/supervision</i>

Note: Pre-exercise testing may be required for some people at higher risk for heart disease and/or who have previously been sedentary, always check with your doctor before starting a change or increase in your current activity level.

The following online resources might be helpful for you to access more information about how to eat a healthy diet, maintain a healthy weight, and become involved in regular physical activity, all of which can help you reduce your cholesterol.

Canada's Food Guide to Healthy Eating http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Dietitians of Canada <http://www.dietitians.ca>

Making the Connection - Cholesterol and Your Heart <http://www.makingtheconnection.ca>

The DASH Diet <http://www.dashforhealth.com/>

Heart and Stroke Foundation of Canada www.heartandstroke.ca

The Canadian Diabetes Association <http://www.diabetes.ca>

Canada's Physical Activity Guide to Healthy, Active Living www.phac-aspc.gc.ca/pau-uap/paguide

Adapted from: McPherson R, Frohlich J, Fodor G, Genest J. Canadian Cardiovascular Society position statement—Recommendations for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease. *Can J Cardiol* 2006; 22(11):913-927. **AND** Sigal RJ, Kenny GP. Physical Activity and Diabetes. *Can J Diabetes* 2003; 27(S2): S24-S26.

