

Special Topics

Cholesterol

Marketing Tip:

The fourth page of this document is a flyer to promote the class. Fill in the date, time and the club address and phone number. Take this flyer to primary care physicians in your area. This class can help their patients lower their cholesterol with lifestyle changes.

Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Cholesterol DVD.
3. Conduct Activity (optional)
4. Close with discussion questions. Give participants a handout as they leave.

Opening Discussion Questions: (options)

- What are some factors that contribute to high cholesterol?
- What types of foods do you think contain high amounts of cholesterol?
- What type of fat, saturated or unsaturated fat, do you think is associated with high cholesterol?

Activity after DVD: (optional)

Materials needed: Paper, pens

Coach: Follow these steps to conduct the activity.

1. Ask Participants to write down everything they ate yesterday. Encourage them to include all of the details- condiments, dressings, oils or butter used in cooking, etc.
2. Read off the following list of food items. Ask participants to circle or highlight the items that appear in their menu.
 - High fat proteins (Any animal proteins other than chicken, fish/shellfish, beef tenderloin/sirloin, pork tenderloin/sirloin)
 - Full fat cheese (don't forget items that contain cheese like pizza, lasagna, etc)
 - Full fat yogurts or ice cream
 - Milk with 2% fat or more
 - Butter
 - Fried foods
 - Coffee creamer

Special Topics

Cholesterol Cont'd

3. The items circled contain higher amounts of saturated fat. Since saturated fat is the leading dietary contributor to high cholesterol, the areas circled are possible areas for improvement in their diet.

Closing Discussion Questions: (options)

- Talk about the activity. A healthy diet contains no more than 20g of saturated fat. Based on what you circled, do you think you eat more or less than 20g?
- Since being on the Curves plan what are some dietary changes you have made that will help lower your cholesterol?
- Were you surprised that the actual cholesterol content of foods is not the #1 dietary contributor to high cholesterol?

Lowering Cholesterol with Dietary Changes

Nadia Rodman, RD

High cholesterol. It seems this is today's latest catch-phrase. Doctors talk about it. Media reports on it. Even advertising executives are getting a piece of the action with products such as Cheerios and Quaker Oats both promoting the ability to lower your cholesterol. But how much do we really know about high cholesterol?

Most of us know the basics—HDL is the good and healthy cholesterol and LDL is the bad cholesterol. Ultimately, we want a higher HDL and a lower LDL. Most people should aim for an LDL of less than 100 mg/dL (2.6 mmol/L). Women want an HDL greater than 50 mg/dL (1.2 mmol/L) and men want it greater than 40 mg/dL (1 mmol/L). Cholesterol is a direct contributor to cardiovascular disease, which is the leading cause of death in the US, UK, Australia, Canada and many other countries. But how many of us know the symptoms of high cholesterol? Can you think of any? Did you know that there usually are no symptoms of high cholesterol? That's right. A direct contributor to cardiovascular disease has no symptoms.

But don't fret. There is good news. In most cases, lifestyle changes can often reduce cholesterol levels and minimize the effects of cardiovascular disease. One of the best ways to increase your HDL cholesterol is to exercise on a regular basis. Most recommend 30 minutes of moderate exercise at least 4 days a week—one more benefit to your Curves workout routine. Other lifestyle changes are dietary. The number one thing we can do to reduce our cholesterol is to cut the saturated fat in our diets. Our diets should be no more than 10% saturated fat, which is about 20 grams on an average diet. Here are some quick tips to cut saturated fat -

- Choose Lean Protein
- Choose low fat dairy products
- Trade butter for olive oil or margarine without partially hydrogenated oils
- Trim visible fat from meat
- Limit fried foods

Another great thing we can do to lower our cholesterol is to eat more foods that are naturally high in fiber. We should be aiming for 25-35 grams of fiber a day, but the average adult only gets about 14 grams. But there are some really easy ways to add fiber to your diet, such as -

- Add beans to your salads or sandwiches
- Choose whole grains
- Add fruit to your oatmeal, smoothie or yogurt
- Snack on nuts, veggies and fruit

And finally, cinnamon can be a powerful cholesterol fighter. Add 1 tsp of cinnamon to your oatmeal, smoothie or cottage cheese and watch your cholesterol fall! Do you know your cholesterol numbers? If not, you should be checked. It's recommended that adults have their cholesterol checked at least every five years.

Date _____ Total Cholesterol _____ LDL _____ HDL _____

You won't know if you aren't tested. The choices that you make today can help lower your cholesterol and prevent heart disease tomorrow.

Curves



September Health Topic:
Cholesterol

Do you have high cholesterol?
Did you know that lifestyle
changes can often eliminate
the need for medication? Come
to Curves to learn some simple
ways to lower your cholesterol.

DATE:

TIME:

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FREE TO MEMBERS AND NON-MEMBERS