

# Protect Your Heart—Control Your Cholesterol

## Get Physically Active

Start with a little activity every day and add a few minutes every week until you reach your goal.

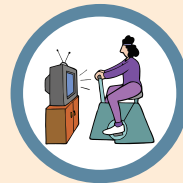
Getting at least 30 minutes of moderate physical activity at least 5 days a week can **help you:**

- ✓ Reduce your risk of heart attack and stroke
- ✓ Increase your energy
- ✓ Reduce stress and improve mood
- ✓ Control your weight
- ✓ Lower your blood pressure
- ✓ Raise your HDL (“good cholesterol”)
- ✓ Prevent and control diabetes.

### Some Physical Activities That Help You Stay Healthy



Walk *briskly* every day: to work, to school, to do errands



Exercise while watching TV (stretch, use hand weights, or ride a stationary bike)



Get off the subway or bus before your stop and walk the rest of the way



Put on some music and dance — move those arms and hips



Park the car a couple of blocks from where you're going and walk



Play a sport or join an aerobics class



Take the stairs instead of the elevator



Clean your house

Talk to your health care provider about the best physical activity for you.