

# TOP 10 WAYS TO IMPROVE YOUR BLOOD WORK

## EAT MORE HEALTHY FATS & OMEGA-3s

Choose monounsaturated fats such as peanut butter, nuts, avocados and olive and canola oils. Eat a variety of fish at least 2 times/week totaling 7-12 oz., especially fatty fish high in omega-3s, such as salmon and tuna. This will help lower LDLs, increase HDLs and can also lower triglycerides.

## EAT MORE SOLUBLE FIBER & PRODUCE

Consume a wide variety of fruits and vegetables daily for the recommend 5-10 g of soluble fiber, which lowers LDL cholesterol by 3-7% and lowers triglycerides.

## ATTAIN & MAINTAIN A HEALTHY WEIGHT

Losing 10 pounds can aid in reductions in LDL cholesterol and triglycerides.

## EAT EVERY 3-4 HOURS

Skipping or delaying meals/snacks can lead to low blood sugars and overeating. Eat a heart-healthy diet, moderate in healthy fats and high in fiber to help manage blood glucose.

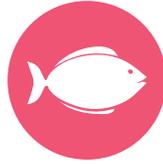
## LIMIT SUGARY FOODS & DRINKS

Limit beverages and foods high in sugar to less than 150 calories per day to lower triglycerides. This includes sodas, sweetened drinks, juices, desserts, honey, jelly and syrup.



## EXERCISE REGULARLY

Incorporate 15-20 miles/week of jogging or brisk walking (approximately 1,200-2,200 calories of energy expenditure) to decrease triglycerides by 5-38 mg/dl, elevate HDLs by 2-8 mg/dl, help manage diabetes and improve blood glucose control. Add strength training to help lower LDLs.



## DO NOT USE TOBACCO

When a person stops smoking or using tobacco products, HDL levels start to rise in as little as 2 weeks.



## MANAGE ALCOHOL

Limit alcoholic beverages to 1 drink (1.5 oz. liquor, 5 oz. wine, 12 oz. light beer or 8 oz. regular beer) or less per day to lower triglycerides and help control blood glucose.



## EAT LESS SATURATED & TRANS FATS

Avoid high saturated fat animal products such as bacon, sausage, butter, ice cream, whole-milk dairy products, full-fat cheeses and cream-based foods. Read food labels and select foods with 0 g trans fats to help raise HDLs and to help lower LDLs by 9-16%.



## TAKE THE RIGHT SUPPLEMENTS FOR YOU

Supplement healthy eating habits daily with multivitamin and nutritional supplements, such as Cooper Complete®.



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