

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.

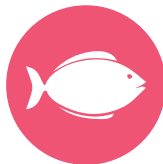
LIMIT SUGARY FOODS & DRINKS

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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