

Facts to know about cholesterol



Sweating can increase good cholesterol

Use interval training by exercising at a
medium intensity



High cholesterol can be genetic

You are more likely to have high cholesterol levels if your parents or siblings do



Lifestyle changes that help

- Lose weight
- Eat a healthy diet
- Regular medical checkups
- Reduce alcohol consumption



Foods to increase 'good' cholesterol

- ✓ Green leafy vegetables
- ✓ Roti
- ✓ Beans and legumes
- ✓ Fish and chicken
- ✓ Eggs



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