

September is National Cholesterol Education Month, so what better time than now to learn the facts about cholesterol? Because high blood cholesterol has no direct symptoms, many people can have it and not know it. That's why regular testing is so important. Everyone over the age of 20 should have their cholesterol checked every five years. So, if it's been a while, now is the time to get it checked and take steps to lower it if necessary. High blood cholesterol affects over 65 million Americans and can lead to serious health problems including heart disease, heart attack and stroke. But there is good news: High cholesterol is treatable, and knowing the facts about cholesterol can keep you and your heart healthy.

### Know your values

Your cholesterol is measured by a simple blood test known as a "lipoprotein profile" and gives you information about your:

- Total cholesterol – ideally should be less than 200 mg/dL
- HDL (good) cholesterol – greater than 60 mg/dL is desirable
- LDL (bad) cholesterol – less than 100 mg/dL is considered optimal
- Triglycerides – should be less than 150 mg/dL

### Take Control of your Cholesterol with TLC

If you have high blood cholesterol, there are many things you can do to lower it and protect your health. To help, the National Institutes of Health developed the Therapeutic Lifestyle Changes (TLC) Program. The TLC Program emphasizes diet, physical activity and weight management as a means of improving cholesterol and reducing the risk of more serious health problems. In some cases, the TLC Program can lower your cholesterol by as much as 20 percent to 30 percent. Here are some of the guidelines:

**Diet** – Saturated fats, trans fats and cholesterol in foods will raise cholesterol, so they should be limited. Total fat intake should be 25 percent to 35 percent of total calories each day. Limit your cholesterol intake to less than 200 milligrams a day. A diet high in fiber is also helpful in lowering cholesterol. Aim for 25 to 30 grams of fiber a day (7–13 grams should be soluble fiber).

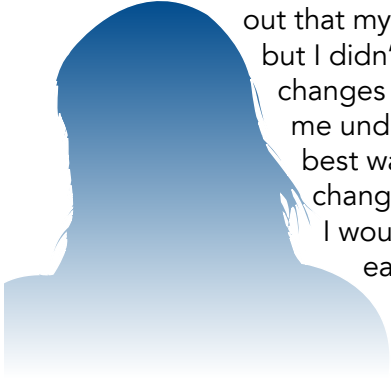
**Physical Activity** – Being inactive increases the risk for high cholesterol. Work toward accumulating either 150 minutes of moderately intense exercise (brisk walking, leisure bike riding) or 75 minutes of vigorously intense exercise (jogging, full court basketball) each week.

**Weight Management** – If you are overweight, losing weight can help you lower your cholesterol. Weight loss helps by lowering total cholesterol, cutting LDL (bad) cholesterol and triglycerides, and increasing HDL (good) cholesterol values.



# Success Stories

"My Coach helped me develop a plan where I started making a few changes to my diet and began exercising a couple of days a week."



When I first started working with my Coach, I weighed more than 245 pounds and just found out that my cholesterol had reached 240. I was frustrated because I wanted to change, but I didn't know how to begin. Once I realized that I needed to make quite a few changes to my lifestyle, I was ready to jump right in and get started. My Coach helped me understand that making many drastic changes all at once is not necessarily the best way to go. Together, she and I developed a plan where I started making a few changes to my diet and began exercising a couple of days a week. After a few weeks, I would make a few more changes, and so on. This made making these big changes easy and ultimately got me where I wanted to be. I am thrilled to report that I am now 197 pounds, and my total cholesterol is down to 190. I eat healthy, I work out, I have a ton of energy, and I am proud of what I see when I look in the mirror. Thank you so much for everything.

*Louise*

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## Coach Highlight

Being a Personal Health Advisor allows me to get to know our widely diverse members and to help them focus on their specific health-related or wellness issues. I find it particularly rewarding when people are able to fine-tune their motivation or gain new skills or some knowledge to improve their quality of life. Knowing that health coaching not only affects our individual members, but can help them change their family tree, is a huge motivation for me.



*Wanda*

Gordian Health Solutions is on the move!  
We're excited to announce our new location, which reflects our focus on wellness.  
Beginning October 1, 2010, our new address will be:

**9020 Overlook Blvd., Suite 300  
Brentwood, TN 37027**

Due to the relocation, Gordian's offices, Coaching Center and websites will be closed (unavailable) beginning Thursday, September 30 at 9 p.m. CST, but should re-open no later than Tuesday, October 5 at 7 a.m. CST. We apologize for any inconvenience and appreciate your patience during our move.