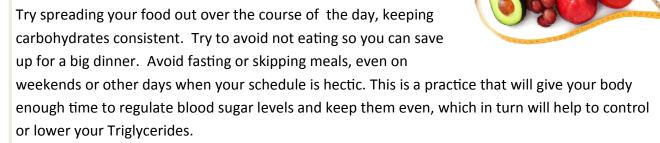


Targeted...

Week 1

Glucose and Triglycerides Tip



How many carbs per meal are ideal? A typical starting point is 45 grams per meal for women and 60 grams for men (15 grams per snack). This is simply a rough estimate for maintaining healthy Triglycerides. Individuals are different based on activity levels, medications, and overall health.

Cholesterol Tip

Attain and maintain a healthy body weight

Do a simple calculation of your <u>body mass index (BMI)</u>. A value between 18.5 and 24.9 indicates that you have a

healthy weight, where any value above 25 indicates that you are <u>overweight</u>. Overweight people tend to have higher LDL (bad) and lower HDL (good) cholesterol levels and thus are at increased risk. Obesity is indicated by a BMI of 30 or more.

If you don't want to think about your BMI specifically, think about a 10% reduction in your weight. Obviously only if you feel you are overweight. 10% is a great first goal for improvement of your blood work and overall health.

****EXERCISE (Specifically, Cardiovascular) is the best thing you can do right now to start to increase your HDL (Healthy Cholesterol)... Walking/Running/Elliptical/Cycling/Swimming, etc.

