

Managing CHOLESTEROL



Cholesterol Program Guide

Week	Minimum Number of Contacts	Topic Discussion	Corresponding Pages
1	1	Getting Started What is Cholesterol Cholesterol Breakdown and Ratio Health Problems associated with Cholesterol	2 – 6
2	1	Risk Factors for Abnormal Cholesterol Controllable and Uncontrollable Risk Factors Lifestyle Changes Goal Setting and Motivation	7 – 9
3	1	Healthy Eating for your Cholesterol Heart Healthy Diet Reading Food Labels Dietary Goals	10 – 13
4	1	Barriers to Healthy Eating Tips for Eating Out Cooking Modifications	14 - 18
5	1	Exercise and Cholesterol Exercise and HDL/Triglycerides Getting Started General Exercise Guidelines Exercise for Weight Loss Monitoring Progress	19-23
6	1	Maintaining Healthy Habits Ongoing Support Focus Going Forward Additional Available Programs	24