

5 Questions to Ask About CHOLESTEROL

Take this form to your next doctor's visit. Write down your doctor's response to each question for future reference.

1. What are my cholesterol levels? What do they mean?
2. Am I at risk for heart disease?
3. How often should I have my cholesterol checked?
4. Are there foods or ingredients I should avoid to prevent high cholesterol?
5. What types of exercise can help me manage my cholesterol level?

How often should I exercise?