



September-

Keep your cholesterol in check with a healthy lifestyle

Celebrate National Cholesterol Education Month!

High cholesterol puts you at more risk for heart disease. It's a good idea to get your blood cholesterol checked once every year.

Terms to learn:

Total Cholesterol: LDL + HDL; a result less than 200 mg/dL is desirable

LDL: "bad" cholesterol; builds up and blocks your arteries; a result less than 100 mg/dL is optimal

HDL: "healthy" cholesterol; prevents cholesterol build-up in your arteries; 60 mg/dL and higher is considered protective against heart disease

Triglycerides: another form of fat in your body; a result less than 150 mg/dL is considered normal

The [National Heart, Lung, and Blood Institute](http://www.nhlbi.nih.gov) has helpful resources to use during National Cholesterol Education Month.



What can you do?

Diet: Choose a diet rich in low-fat or non-fat milk & milk products, whole-grains, fruits and veggies as well as lean meats, beans and nuts.

Weight: Being overweight is a risk factor for heart disease. Even losing a small amount of weight can improve overall cholesterol levels.

Physical Activity: Getting at least 30 minutes of exercise everyday is a great way to reduce your risk of heart disease. It can also help you lose weight which will benefit your cholesterol levels.



Why fiber?

There are two types of fiber- soluble and insoluble. While both have health benefits, soluble fiber lowers your risk of heart disease by removing fats from your body. Good sources of soluble fiber include oats, certain fruits (such as oranges and pears) and vegetables (such as Brussels sprouts and carrots), and dried peas and beans. Find more recipes with these foods at www.mealsmatter.org/EatingForHealth/FunctionalFoods/

Move of the Month:

Superwoman

Targets your upper and lower back, core, hips, and glutes.

How to: Lie facedown with your legs straight and arms overhead; draw your belly button toward your spine to tighten your abs. Contract your glutes, then slowly raise your head, chest, arms, and legs off the floor. Hold this pose for five seconds, then lower to start. Repeat several times.



Recipe of the Month:
Baked Salmon Dijon

Ingredients

- 1 c fat-free sour cream
- 2 tsp dried dill
- 3 Tbsp scallions, finely chopped
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 ½ lb salmon fillet, cut into 6 portions
- ½ garlic powder
- ½ tsp black pepper
- cooking spray, as needed

Procedure

1. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend.
2. Preheat oven to 400. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.