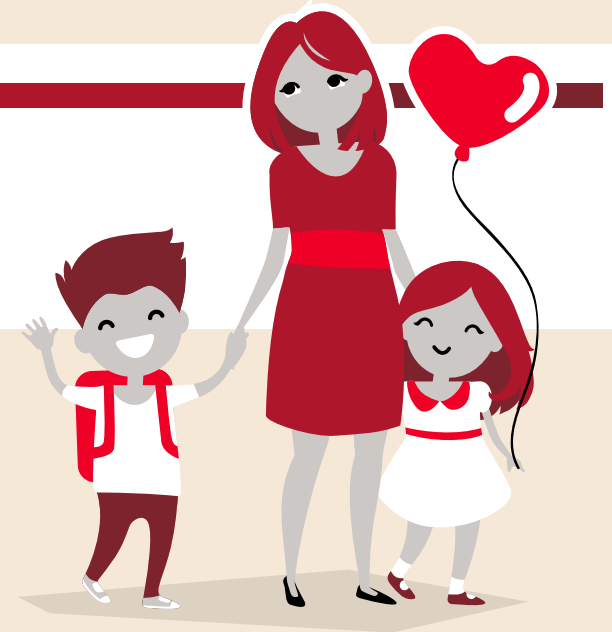


DID YOU KNOW?



To **lower** your cholesterol, you can:



TAKE MEDICATION
as directed



EXERCISE REGULARLY
Just 30 minutes most days
can have a significant
impact on your heart



EAT HEART HEALTHY FOODS
and avoid saturated
and trans fats



QUIT SMOKING

Talk to your healthcare provider or visit countercholesterol.org