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](http://countercholesterol.org)