



3 STEPS TO LOWER YOUR CHOLESTEROL

Whatever your age, lifestyle factors can play a big part in raising your cholesterol. Take control of your health in 3 simple steps.

EAT WELL

Reduce your intake of trans and saturated fats with simple food swaps:


- Vegetable oils (e.g. olive oil) over animal derived fats (e.g. butter).
- Oily fish or lean poultry over processed or red meat.
- Nuts, seeds or soy beans over ready-to-eat snacks like crisps.

IMPROVE YOUR HABITS

Being active helps to increase the 'good' cholesterol (HDL) in your blood. It stimulates the movement of fatty deposits to the liver, which helps to keep the heart and blood vessels in good condition. 150 minutes of moderate-intensity exercise per week is all you need* – try 30 minutes, 5 days per week! Giving up smoking is also an essential step to reducing your cholesterol.

BOOST YOUR DIET

High in fibre and a source of protein, one scoop of Beta heart® also provides 1.5g of oat beta-glucans; a soluble fibre found in the oat bran from oats, which helps to lower or maintain your cholesterol.** Mix with water or fruit juice, or add to your Formula 1 shake.



CONTACT YOUR HERBALIFE COACH TO FIND OUT MORE.



HERBALIFE
NUTRITION

*NHS guidelines: High cholesterol – prevention. Posted 16/08/2013.

**Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. Beta-glucans contribute to the maintenance of normal blood cholesterol levels. The beneficial effect is obtained with a daily intake of 3g of oat beta-glucan. Coronary heart disease has multiple risk factors and altering one of these risk factors may or may not have a beneficial effect.

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