

Cholesterol Risk Assessment

- Have you had your cholesterol tested in the past year?
- Do you exercise for at least 30 minutes most days of the week?
- Is your diet low in saturated and trans fats?
- Do you avoid smoking and secondhand smoke?
- Do you maintain a healthy weight?
- Do you limit your intake of added sugars and refined carbohydrates?
- Do you know your HDL, LDL, and triglyceride levels?
- Do you include heart-healthy fats like omega-3s in your diet?
- Do you manage stress effectively with healthy practices?
- Do you avoid excessive alcohol consumption?

Scoring System:

8-10 Yes: You are on the right track!

5-7 Yes: There is room for improvement.

0-4 Yes: Time to take action and consult a healthcare professional.