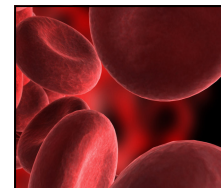


September is National Cholesterol Education Month!

What is Cholesterol?

- It is a waxy, fat-like substance found in our blood. Our body needs cholesterol for normal everyday functioning. The body makes all of the cholesterol that we need.



Sources of Cholesterol:

- **#1 Family:** our cholesterol level can depend on our family. We inherit some health conditions from our parents and grandparents. Our family history may put our own health at risk. Talk to your family members to find out what, if any, health conditions “runs” in the family.
- **#2 Food:** different foods have unhealthy fat which adds to the cholesterol already found in our body. This added fat can increase our cholesterol to an unhealthy level.

Types of Cholesterol:

- LDL (low density lipoprotein) is often called the “bad cholesterol”: A good level to aim for is less than 100mg/dL. To improve this level reduce the amount of saturated fat you eat.
- HDL (high density lipoprotein) is often called the “good cholesterol”. A good level to aim for is 60mg/dL or more. To improve this level increase your physical activity to at least 30 minutes a day. So get out there and move!

Cholesterol and Your Health:

- High cholesterol can increase your risk for heart disease.
- There are NO symptoms of high cholesterol to look for, so you may have high cholesterol and not know it.
- It is important to have your cholesterol (HDL, LDL, Total cholesterol) and triglycerides checked each year. It is also a good idea to have your blood pressured checked.

Tips for maintaining a healthy cholesterol level:

- Reduce the amount of foods you eat that are high in “bad” fats and high in cholesterol. Saturated and *Trans* fat are considered “bad” fats because they may raise your blood cholesterol to an unhealthy level which can also increase your risk for heart disease.
- Saturated fat can be found in animal products so limit foods such as meats, whole milk (dairy) products.
- Limit whole milk products (cheese, butter, creams) because they tend to be higher in saturated fat. Instead select low-fat, reduced fat or skim dairy products.
- Bake, broil, or grill meats instead of pan frying. Remove skin from poultry (chicken) before eating. The skin has the most fat.
- Reduce the amount of cookies, doughnuts, muffins, pies and other pastries you eat because they tend to be high in *trans* fat.
- Select more foods with “good fats”. Look for monounsaturated and polyunsaturated fats on the food label. These fats can help lower “bad” cholesterol levels.
- Increase your physical activity. Aim for at least 30 minutes of activity each day.
- Maintain a healthy weight. You don't have to be shaped like a super model to be healthy. Talk to your healthcare provider to determine what weight is healthy for you.
- Talk to your healthcare provider for specific questions about your blood cholesterol level.

*source: National Heart, Lung, and Blood Institute and the American Heart Association

-by Erika Haire, MPH, CHES

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To learn more about National Cholesterol Education Month visit the following websites:

- National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov
- American Heart Association at www.americanheart.org



Get With It

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If you have a comment about the newsletter or would like to share a recipe, email your suggestions and comments to our Newsletter Coordinator, Erika Haire at erikah@getwithitwomen.org.



We are online! Looking for back issues of our newsletter? Visit our website, click on GWI newsletter, and select the issue you would like to read.

September's Recipe of the Month: Italian Vegetable Casserole

*this is a kid-friendly recipe that can be cooked in the microwave.

Ingredients:

1 zucchini, sliced	1 yellow squash, sliced
1/2 red bell pepper, chopped	2 tomatoes, chopped
1/4 cup fat-free Italian dressing	2 cups brown rice
1/4 cup soy parmesan cheese	
nonstick cooking spray	

Directions:

1. Cook brown rice according to instructions on package or box.
2. Spray casserole dish with nonstick cooking spray.
3. Mix vegetables and dressing together in the casserole dish.
4. Cook vegetables in microwave for 10 minutes, stirring every 2 to 3 minutes.
5. Sprinkle parmesan cheese over the top of the vegetables.
6. Serve vegetables over rice. Serves 4. (1 cup veggies, 1/2 cup rice)

Other Tips:

You can also serve this dish over pasta. If you would like more of a cheesy flavor, add soy mozzarella to the vegetables.

*recipe adapted from Kidshealth.org

Upcoming events/Announcements:

- **Tour De Tellico™ Bicycle and Fun Walk** will be held on Saturday, September 26, 2009 from 7:00am until 2:00pm. MARK YOUR CALENDAR NOW!!!! Advance tickets is \$35 dollars for bikers and \$25 dollars for walkers. Water will be given out en route and pizza lunch with drinks will be provided at the finish line. Missy Kane is scheduled to host the warm up exercises for this event. For more information about this event or to register visit tourdetellico.com. You can also pick up a registration form at a local bike store in the area.
- The following **GET WITH IT** classes are **cancelled**: Friday, September 4th Yoga at Cora Veal Senior Center from 9:00-10:15am and Monday, September 7th Total Body at Cora Veal Senior Center from 9:00-10:00am. GWI classes are scheduled to continue on Tuesday, September 8th.
- **GET WITH IT** in the community. Don't forget about our FREE Health Education classes held after our regularly scheduled fitness classes! Most of the health education classes are scheduled to last for 15 minutes. You may stay as long as you want and even hang around after the presentation to ask questions! Our health educator, Debra Lindaman, presents nutrition in a fun and healthy way. Often she will bring FREE samples and/or snacks for you to taste. Our goal is to introduce healthy ways to shop, cook, and enjoy the foods you already eat! For example, last month we talked about "Sweet Corn" and "Not Just Red Anymore-Tomatoes". Although you may have tasted these food items, how much do you really know about them? Check out our September Schedule for more information about topics, locations, and times of our FREE health education classes.