



# Midland College Fitness Center

September 2017 – Fall Edition –  
Newsletter

KNOW THE FACTS ABOUT

## High Cholesterol

### What is high cholesterol?

Cholesterol is a waxy, fat-like substance that your body needs. But, when you have too much in your blood, it can build up on the walls of your arteries. This can lead to heart disease and stroke—leading causes of death in the United States.

### What are the signs and symptoms?

High cholesterol itself does not have symptoms. Many people do not know that their cholesterol level is high. That's why it's important to schedule regular visits with your doctor. Be sure to ask about having your cholesterol tested.

### How is high cholesterol diagnosed?

Doctors can do a simple blood test to check your cholesterol. Most adults should get their cholesterol levels checked every five years. If your total cholesterol is 200 mg/dL\* or more, or if your HDL (good cholesterol) is less

than 40 mg/dL, you will need to have a lipoprotein profile blood test done. Ask your doctor about what may be right for you.

### Are you at risk?

About one in every six adult Americans has high cholesterol.<sup>2</sup> Anyone, including children, can develop it. Several factors that are beyond your control can increase your risk. These include your age, sex, and heredity. But, there are some risk factors that you can change. Examples include eating an unhealthy diet, being overweight, and not getting enough exercise.

### How is it treated?

Lowering high cholesterol levels is important for people at all ages, with and without heart disease. If you have high cholesterol, you will need to eat a healthy diet, exercise regularly, quit smoking, and you may need to take medication.



### C.H.A.P. Fit

#### September Classes

Monday & Wednesday

3 week Yoga Challenge

Tuesday & Thursday

T25 Program

#### C.H.A.P. Fit Hours

Monday-Thursday

7:00am–8:00am

12:00pm–1:00pm

5:00pm–6:00pm



#### Fitness Center Hours:

##### Fall Hours

Mon-Thu: 5:30 am–8:30 pm

Fri: 8:00 am–6:00 pm

September 4th

Closed

Fitness Center Contact Info:

Front Desk

Phone: 685-6897

