

Keeping Cholesterol in Check

Exercise more

Aim to do at least 150 minutes (2.5 hours) of exercise a week.

Some good things to try when starting out include:

- walking – try to walk fast enough so your heart starts beating faster
- swimming
- cycling

Try a few different exercises to find something you like doing. You're more likely to keep doing it if you enjoy it.

Stop smoking

Smoking can raise your cholesterol and make you more likely to have serious problems like heart attacks, strokes and cancer.

If you want to stop smoking, you can get help and support from:

- your GP
- the [NHS Stop Smoking Service](#) – your GP can refer you or you can ring the helpline on 0300 123 1044 (England only)

They can give you useful tips and advice about ways to stop cravings.

Cut down on alcohol

Try to:

- avoid drinking more than 14 units of alcohol a week
- have several drink-free days each week
- avoid drinking lots of alcohol in a short time (binge drinking)

Ask your GP for help and advice if you're struggling to cut down.