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Are you due for a cholesterol screening?

Has it been a while since your last blood test? September is National Cholesterol Screening Month, a good reminder to see if you're due to get your cholesterol levels checked. Here's what you need to know.

- **A blood test is the only way** to find out if your cholesterol levels are high.
- **The American Heart Association recommends** that everyone over 20 years old gets screened for high cholesterol every 4 to 6 years as long as their risk stays low. Those with cardiovascular disease may need more frequent screenings.
- **You can get tested by your primary care doctor.** If your screening uncovers high cholesterol, your doctor may prescribe medication to help you.
- **Making healthy lifestyle changes can help lower high cholesterol.** Quit tobacco, maintain a healthy weight, increase physical activity, and eat healthier foods.

Start planning now to stay active through the seasons

If cooler weather causes you to drop your exercise routine, now's the time to plan indoor activities to keep you moving through fall and winter. Start a mall walking routine, get an under-desk treadmill, or sign up for an online fitness class.

Get energized with healthy lifestyle changes

If you regularly wake up feeling groggy, see if simple lifestyle changes might help. Setting boundaries between your work and home lives, choosing nourishing snacks, and making time for things you enjoy can help energize you.



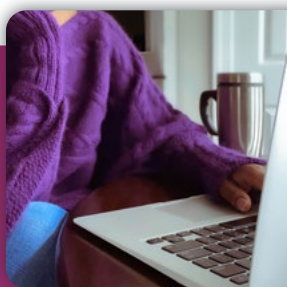
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