



# TIMBERHILL

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## ATHLETIC CLUB

### Key Lifestyle Changes YOU can control to reduce risks for Cardiovascular Disease

- Reducing Risk Factors is an “ALL Causes” Lifestyle change
- It’s MODERATE changes in all areas of your life
- Stopping smoking (or not starting) is the only main behavior that Significantly reduces a major risk for a cardiovascular event

### Common myths on Diet “Composition” and Lipids

- Bad (LDL) cholesterol comes mainly from eating protein ( meat, Dairy products)  
For a significant % of the population elevated cholesterol levels  
Can come from a diet of foods high in TROPICAL oils
- No Fat foods that say “No cholesterol” on the package are okay.  
Most of these food sources are loaded with bad oils, and sugars  
That can also contribute to type 2 diabetes

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