

# MANAGING CHOLESTEROL

**Length:** 60mins (presentation only), 90mins (includes practical exercises)

**Delivery Option:** Face-to-Face, Virtual

## INTRODUCTION:

Cholesterol is a type of fat found in the body that plays an important role in the proper functioning of cells and the production of certain hormones. However, high levels of cholesterol can increase the risk of heart disease and other health problems.

In this training, we will explore ways to manage cholesterol levels and reduce the risk of related health problems.

## Topics to be covered:

- 1. Introduction to cholesterol:** We will provide an overview of cholesterol, including how it is measured and the different types of cholesterol.
- 2. Risks of high cholesterol:** We will discuss the risks associated with high cholesterol, including the increased risk of heart disease, stroke, and other health problems.
- 3. Managing cholesterol levels:** We will explore ways to manage cholesterol levels, including through diet and lifestyle changes, such as maintaining a healthy weight, getting regular exercise, and reducing stress.
- 4. Practical exercises:** We will provide a range of practical exercises to help participants understand the importance of managing cholesterol levels and how to do so. These exercises may include assessing current diet and lifestyle choices, identifying areas for improvement, and creating a plan for managing cholesterol levels.

## Conclusion:

By the end of the training, attendees and participants will have a comprehensive understanding of the importance of managing cholesterol levels and the role it plays in overall health and well-being.

They will have the opportunity to apply this knowledge through practical exercises, giving them the skills and knowledge to make informed and supportive choices for managing cholesterol levels.

