SOCIAL | PHYSICAL | EMOTIONAL | FINANCIAL

optimal you

WELLBEING THAT WORKS

CHOLESTEROL HEALTH

9.14.2020 - 9.18.2020

Attend "*Getting Ahead of the Game - Live Cooking Class*"

Check out "*Well-being That Works*" Webpage

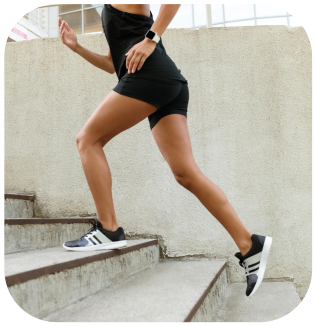
Read "*Understanding Cholesterol*"

Facebook Challenge- *Post your favorite Spice*

Read *"Cholesterol Lowering Foods"*

Read*" Conversations to Have With You Doctor"*

Read "Spices for a Healthy Heart"



Check Out *"Boosting HDL Through Exercise"*

Read "*Mobility Hacks*" Blog

This week the Optimal You Team is focusing on Cholesterol Health.

What is cholesterol?

Do you know the difference between HDL and LDL cholesterol?

How does cholesterol affect our everyday life?

How can we manage and or prevent high cholesterol?

For answers to these questions and more, click on the image tiles.

Click the tiles to explore the Optimal You resources and opportunities.

Watch for the Wellbeing That Works weekly checklist on the Amway Intranet and Optimal You Fitness Facebook page.