

9 EASY WAYS TO REDUCE FATIGUE

Schedule it. To help ensure sound sleep, establish a consistent bedtime routine like a hot bath or shower, music, or perhaps a warm decaffeinated drink—anything to help you relax. Also, it's important to remember not to get too much sleep—that, too, can leave you feeling fatigued.

Don't let the sun go down on your anger. Keeping negative emotions like stress inside will wear you down, so vent! Sharing the day's concerns and frustrations can lighten your load and even help you sleep better. And, to help alleviate the occurrence of negative emotions, use your free time in restful and enjoyable ways.

Exercise during the day. When it comes to physical activity, the trick is to do something you enjoy. It's equally important to set reasonable goals—you don't have to get in shape overnight.

Shed some baggage. It's not hard to figure out—excess weight requires more energy to carry. If you're carrying a few extra pounds, lose the weight slowly with better nutrition and some exercise.

Skip the nightcaps. If you can't or don't want to stop, then try cutting back—especially before bedtime. Contrary to popular belief, a "nightcap" does not lead to a restful night's sleep. Caffeine should also be avoided for four hours before going to bed. And cigarettes...well, they're never advisable.

Eat a balanced diet. A well balanced diet helps to fight fatigue. Just remember that you don't have to make



HUGE sacrifices here, at least not initially. For now, while it's never a good idea to go to bed hungry, you can cut out large or spicy meals late in the evening and try to eat a bit healthier throughout the day.

Get regular check-ups. Conditions like high blood pressure drain much of our bodies' natural resources, robbing energy in an attempt to combat disease. For this reason our bodies are forced to run less efficiently. The important thing here is to get regular check-ups and stick with your physician's treatment plan.

Review your medications. Periodically review your medications with your physician. While some medications can interfere with your sleep patterns, alternatives are generally available.

Get help! If your fatigue persists and you feel powerless to overcome it, don't be too proud to ask for help—there's nothing wrong with seeking professional treatment for fatigue.





What Affects Cholesterol Levels?

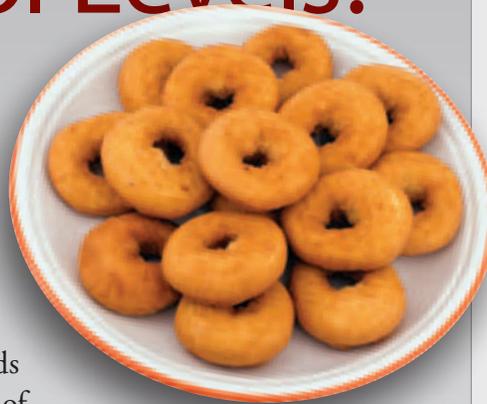
A variety of things can affect cholesterol levels. These are things you can do something about:

- » **Diet.** Saturated fat and cholesterol in the food you eat make your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet helps lower your blood cholesterol level.
- » **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.
- » **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you cannot do anything about also can affect cholesterol levels. These include:

- » **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women's LDL levels tend to rise.
- » **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Source: <http://www.nhlbi.nih.gov/health/public/heart/choh/wyntk.pdf>



These Are The Major Risk Factors That Affect Your LDL

Cigarette smoking

High blood pressure (140/90 mmHg or higher or on blood pressure medication)

Low HDL cholesterol (less than 40 mg/dL)*

Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

Age (men 45 years or older; women 55 years or older)

*Even though obesity and physical inactivity are not counted in this list, they are conditions that need to be corrected.

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