

LIVING WITH FH

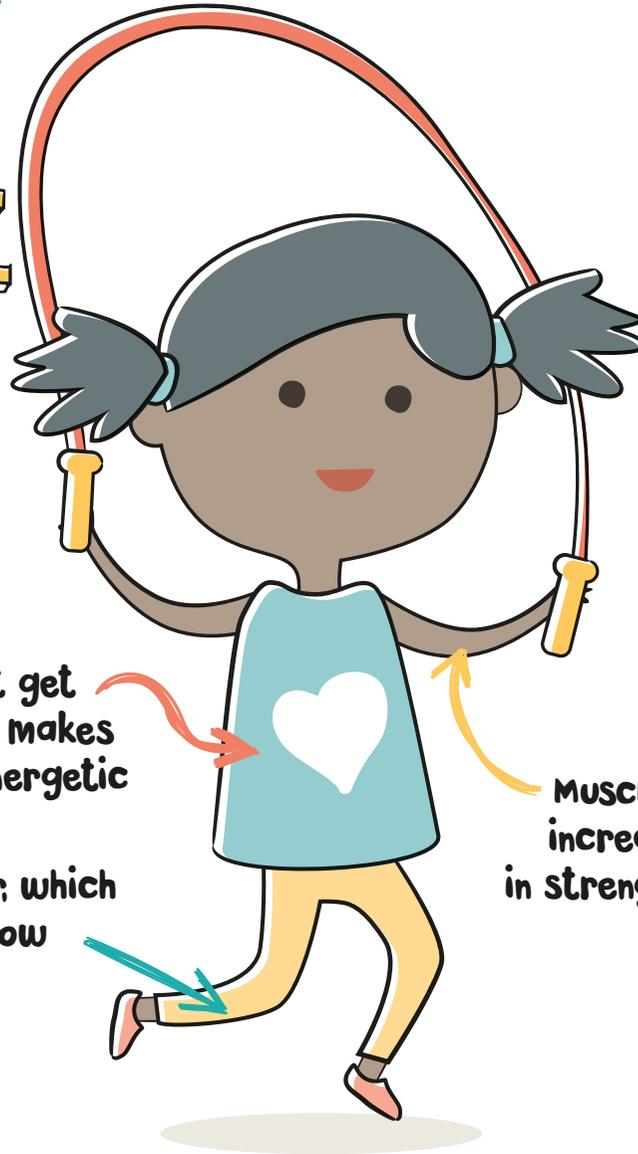
stay ACTIVE

Being physically active makes us feel great and benefits every part of the body, especially when we have FH.

Lungs and heart get stronger, which makes us feel more energetic

Bones get stronger, which help our bodies grow

Muscles increase in strength



Staying ACTIVE can HELP us...

- ✓ increase our GOOD cholesterol (HDL)
- ✓ keep a healthy body weight
- ✓ feel good
- ✓ increase our muscle strength
- ✓ fight off any illness
- ✓ sleep well
- ✓ have fun and make friends



keeping OUR cholesterol LOW

CHOLESTEROL
IS MADE IN THE
BODY and is found
in some foods we eat.



THERE ARE TWO TYPES:

HDL = GOOD
cholesterol

LDL = BAD
cholesterol

Cholesterol is really important to keep our bodies working properly, but **HAVING FH MEANS WE HAVE TOO MUCH BAD CHOLESTEROL.**

This can stick inside our blood vessels and may lead to heart problems when we get older.

KEEPING ACTIVE WILL HELP REDUCE OUR CHOLESTEROL and keep blood flowing freely to our hearts and the rest of our bodies.

Your mission...

Why not try a new

AFTER SCHOOL CLUB

