

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



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© HEART UK. 7 North Road, Maidenhead SL6 1PE. Charity Registration No: 1003904. Produced by Simon Williams and Linda Main at HEART UK, with special thanks to Dr. Uma Ramaswami, Lorraine Priestley-Barnham and Fiona Kinnear www.heartuk.org.uk 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

Muscles

in strength

have fun and make friends



... There are two types: ····

HDL =600D
cholesterolLDL =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

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

keepih

cholesterol