

# Fitting Fitness In

## Finding Time for Fitness Around Your Busy Schedule

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From low-cholesterol diets to new exercise routines, being diagnosed with high cholesterol brings challenging lifestyle changes and new health concerns.

Making diet and exercise changes is one way to help lower your LDL-C (bad cholesterol). Finding the time for those changes can be challenging. But making changes is important since high levels of LDL-C can contribute to atherosclerosis, the progressive buildup of plaque in your arteries.

You may find it difficult to find the time, especially since many of us spend more and more time at work. Early-morning meetings make it tough to grab a healthy breakfast, and working late makes home-cooked meals unlikely. And exercise? It's hard to find the time. What's a working person to do? Start by reading through this guide. You'll discover ways to be more active and eat healthier, without taking too much time away from your career.

### Get the Motor Running

The best way to get started on a plan to become more active is to check with your physician before you start exercising. Then you can get your motor running with one of these simple ideas.

**Lunch Walk:** Go for a walk on your lunch break. Try to find different walking routes and vary them throughout the week to keep it interesting. It might even be possible to walk indoors on rainy days. Try incorporating stair climbing during the indoor walks for extra kick.



**Don't Call!** Walk to a colleague's office instead of phoning or sending an e-mail.

**Commuter Rewards:** Walk to and from work. If your commute is too long to walk, try parking farther away from the door or even a few blocks away and then walking the rest of the distance.

**Office Squats:** Stand in front of your office chair with your feet shoulder-width apart. Bend your knees as if you were sitting on the chair, keeping your weight on your heels. When your upper legs are parallel with the seat of the chair, slowly rise to your original standing position.

**Calf Raises:** While holding on to your desk or a file cabinet for balance, raise your heels off the floor and then lower them.

## Eating on the Go

You don't have to stay home all the time to eat healthy. When you're eating in a restaurant, remember these tips to help you manage your cholesterol.

- Make special requests off the menu
- Eat a small portion and take the rest home
- Eat foods that are baked, broiled, or steamed instead of fried
- Ask for sauces and salad dressings on the side

And at social events, choose low-fat items from buffets and take smaller portions of higher-fat foods. Naturally, you should always consult with your doctor when starting any new diet.

## Avoid Weapons of Mass Consumption

Store-baked goods or mass-produced foods are often made with saturated fats. It's best to limit your intake of these high-cholesterol foods. If you do buy store-baked goods, try to buy foods made with polyunsaturated or monounsaturated oils and egg whites, or try these tasty alternatives.

- Fruit ices
- Sherbet
- Gelatin
- Frozen low-fat yogurt
- Graham crackers
- Rye crisp, soda crackers, and Melba toast
- Bagels and fruit
- Whole-grain cereals
- Air-popped popcorn