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

© 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
Cholesterol is made in the body and is found in some foods we eat.

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.

There are two types:

HDL = good cholesterol

LDL = bad cholesterol

Keeping our cholesterol low will help reduce heart problems.

Your mission...
Why not try a new after school club?