



Unified Fitness, NPB
Your Health and Wellness Partner

Issue: April 2026
Dyslipidemia (Cholesterol Management)

CHRONIC CARE CHRONICLES

[Understanding Dyslipidemia: See Full Blog Post: Managing Cholesterol](#)

Cholesterol Clues

Recognizing Dyslipidemia

Dyslipidemia happens when your blood has too much “bad” (Low-Density Lipoprotein - LDL) cholesterol or triglycerides, or not enough “good” (High-Density Lipoprotein HDL) cholesterol. Cholesterol is a waxy substance your body needs to build cells and make hormones, but too much—especially LDL—can clog your arteries. Triglycerides are a type of fat in your blood that stores extra energy, and high levels can increase your risk of heart disease.

Dyslipidemia is often silent, but over time, it can raise your risk for heart disease and stroke. Know the warning signs to catch it early.

Common Signs and Symptoms:

- Chest pain or discomfort (angina)
- Shortness of breath during physical activity
- Fatty deposits under the skin (xanthomas)
- Yellowish patches around the eyes.
- Unexplained fatigue or weakness
- Dizziness
- Irregular heartbeat



The Movement Prescription:

The Role of Exercise for Dyslipidemia

Regular physical activity is one of the most effective ways to manage dyslipidemia. Exercise helps lower LDL (“bad” cholesterol) and triglycerides while raising HDL (“good” cholesterol), improving overall heart health. Both aerobic and resistance training are beneficial, and consistency is key for long-term results.

Key Principles

- Frequency: Aim for exercise most days of the week (at least 4-5 times).
- Duration: 30-60 minutes per session (can be broken into shorter bouts).
- Intensity: Moderate (you can talk but not sing) is ideal; vigorous if tolerated.
- Type: Combine aerobic activities (walking, cycling, swimming) with resistance training (weights, bands, bodyweight exercises).

Regular movement matters more than occasional intense workouts. Applying these straightforward principles can lead to improvements. Let's get started executing these principles together.

Call or email today to start your journey to better health!

Disclaimer: This information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or medical health provider with any questions you may have regarding a medical condition or mental health concerns.



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Small Steps, Big Impact:

Actionable Tips You Can Use Today

Build momentum and manage Dyslipidemia, start with small, actionable steps.

- Eat healthy fats: Use olive oil, avocado, and nuts instead of butter or fried foods.
- Eat more fiber: Oats, beans, fruits, and vegetables help lower LDL cholesterol.
- Limit added sugars and refined carbs: Sugary drinks, pastries, and white bread can raise triglycerides.
- Watch portion sizes: Small reductions in calorie intake can improve triglyceride levels and support weight management.
- Don't smoke: Quitting smoking improves HDL ("good" cholesterol) and overall heart health.
- Stay consistent with medications: Take cholesterol medications as directed.

These simple steps can lead to lasting daily improvements.



The Power of Connection:

Why Coaching Matters with Dyslipidemia

Managing dyslipidemia isn't just about diet and exercise; it's about support, guidance, and accountability. Building a connection with a coach, healthcare professional, or support network can make managing dyslipidemia easier and more effective

- Tailored guidance: Personalized advice helps you make changes that actually work for your life.
- Accountability: Regular check-ins keep you on track and consistent with healthy habits.
- Understanding your health: Learn what your cholesterol and triglycerides mean and why they matter.
- Motivation & support: Emotional encouragement and practical tips help you stick with lifestyle changes.
- Problem-solving: Get help overcoming obstacles and staying consistent.
- Education: Learn strategies, tips, and insights to make long-term improvements.

These points offer hope and inspiration.

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A New Approach To Wellness

For individuals managing chronic or minor conditions, personalized coaching is a game-changer. I partner with physicians to provide tailored exercise prescriptions and health coaching that complements medical treatment, ultimately improving client outcomes and quality of life.



How the Approach Works

I partner with clients one-on-one to create custom fitness programs that bridge the gap after rehabilitation and help manage chronic conditions. My goal is to give you the strength and confidence to meet the demands of your daily life and lifestyle.

About the author and health coach.

Nina Parker-Brison is an ACSM-certified Health Coach and Exercise Physiologist who believes that as our health changes and challenges us, we have the power to lead a full life.

Food for thought:

- If one small change in your daily routine could lower your cholesterol, what would it be?
- What does “healthy fats” mean to you—and how could you include more in your meals this week?

Please submit your response to ufitnpb@yahoo.com or text: 302-528-5021.

For Medical Professionals

Enhance your patient outcomes with dedicated implementation support. I provide the high-touch, day-to-day guidance patients need to successfully carry out the exercise and lifestyle goals you’ve set for them. Let’s discuss how I can act as a seamless extension of your care team.

For Health Seekers

Ready to rediscover what your body is truly capable of? As your coach, **I am here to guide you** through every milestone on your path to better health. Let’s build a stronger, more mobile you together—**book your consultation today** and let’s get started.”



Call or email today to start your journey to better health!

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