Diet

- Choose skim or 1% fat milk; nonfat or low-fat yogurt and cheeses; 5 or more servings of fruits or vegetables per day.
- Drink plenty of water and stay away from sugary beverages (i.e. soda); stay away from highly processed and salty foods.
- Follow a Mediterranean diet including fruits, vegetables, whole grains, olive oil, beans, nuts, fish and other good sources of protein.
- Limit red meat to no more than a few times a month.
- Look for sources of good cholesterol in almonds or unsalted pistachios.
- Eating frequent small meals and keeping hydrated usually results in fewer calories ingested over the course of the day.

Exercise

- Find ways to walk more -- park your car at the far end of the parking lot, take the stairs instead of an elevator or escalator, walk after dinner.
- If you ride a bus or subway, get off a stop before your destination and walk the rest of the way.
- If you can, spend a few minutes of your lunch break taking a stroll.
- If you have a dog, think of the dog as an exercise machine with fur. A brisk walk is good for both of your hearts. Make it a part of your daily routine.