



# GORILLA BASIC TRAINING

— moving PSU employees in a healthy direction

## Cholesterol Screening

In support of the Gorilla Basic Training Fitness Program, the Student Health Services is offering cholesterol screening to all registered participants.

The recommended cholesterol test is called a “Lipoprotein Profile”. It measures the levels of Total cholesterol (which includes the cholesterol in all lipoproteins), LDL, HDL, and Triglycerides.

Total Cholesterol – Cholesterol in all lipoproteins

LDL – Low Density Lipoproteins – which is called “bad” cholesterol.

HDL – High Density Lipoproteins – which is called “good” cholesterol.

Triglycerides – Form of fat found in food and also produced in your body.

Please call Ext. 4452 to make an appointment to have your cholesterol screening done at Student Health Services prior to the start of the Gorilla Basic Training Fitness Program. **\*\*For most accurate testing – the participant should be fasting for 9-12 hours prior to screening.\*\***

Results of your cholesterol screening will be available on the first day of fitness classes along with other additional information related to your cholesterol lab values, basic nutrition and health education.