

Inheritance, exercise and health

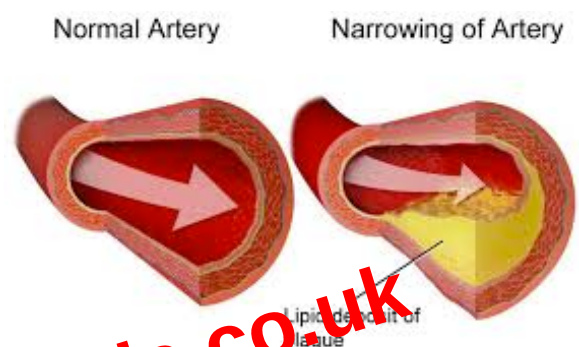
Inheriting Health

Inherited factors from your parents affect your:

- Appearance (eyes, hair, nose, etc.)
- Health
- Metabolic rate- which affects how easily you lose and gain mass
- Proportion of muscle to fat
- Risk of heart disease
- Levels of cholesterol in the blood

Cholesterol

Cholesterol is a fatty substance known as a lipid and is vital for the normal functioning of the body. It is mainly made by the liver but can also be found in some foods.



Controlling cholesterol

We inherit factors to help us control our cholesterol. We need cholesterol for our cell membranes and to make vital hormones. There are two forms of cholesterol carried around the blood: healthy and unhealthy. The unhealthy can cause health problems if the balance is wrong.

The way the liver deals with fat and makes the types of cholesterol is inherited from parents. A balanced diet means the liver can keep the cholesterol balance right.

Eating lots of high-fat food means you are likely to have high harmful cholesterol levels and an increase in heart disease. 1 in 50 people inherit factors which means they have high levels of cholesterol no matter what they eat.

Exercise and health

People who exercise regularly are generally healthier than people who don't exercise as much. The less active you are the more likely you will die at a younger age, due to diseases and organ malfunctions.