

Exercise and Cholesterol Health

IMPROVING CHOLESTEROL THROUGH EXERCISE

Exercise stimulates enzymes that move LDL ("bad" cholesterol) to the liver to be excreted, and prompts the body to make more of the heart-protective cholesterol, HDL. Studies show it's the AMOUNT you move that matters more than the TYPE. Choose an activity you enjoy and aim for at least 150 minutes per week for cholesterol health.



HEART HEALTHY ACTIVITIES

- Walking or running
- Swimming
- Biking
- Weight lifting
- Dancing
- Online Exercise Classes
- Yardwork
- Tennis
- Jumping Rope

EXERCISE IMPROVES LIPID PROFILE

Exercise helps by lower your triglyceride levels. These are fats within your body that are among the most common and dangerous if not taken care of.

Exercise helps increase the production and the efficiency of certain enzymes that enhance this "reverse cholesterol transport" process. Thus, raising your HDL levels.

Results tend to increase after moderate exercise up to 60 minutes, making low intensity workouts an optimal way to improve cholesterol.

