



Can Exercise Really Help You Control Your Cholesterol Levels?

The problem of high cholesterol is a sore spot for over [71 million American adults](#) (33.5%) who struggle with a high level of LDL or “bad” cholesterol.

Before we discuss the effects of exercise on cholesterol level, let us tell you that our body uses Triglyceride (a type of fat used for energy) and high-density lipoprotein while exercising. While it can contribute to coronary conditions if it is too high, it is not the same as low-density lipoprotein. However, if one is ready to keep the balanced diet (for LDL) and exercise to control the HDL levels, the overall problem is manageable.

Recommended Exercises

Usually, high cholesterol comes with a number of other health issues, so physicians recommend lighter exercises to begin with. There are two basic types of exercises:

- aerobic training, also known as cardio training. You might want to begin with something easier like jogging or hiking. Cycling works well for people who have no issues with their knees. Further on in the training, you might add swimming, dancing (e.g. Zumba), or even kickboxing!

- weightlifting. Free weights with multiple repetitions will not only help you strengthen your muscles, but will also help you control your cholesterol. Some instructors recommend circuit training for clients with this issue.

How Much do You Have to Exercise?

The secret here is to get started and keep going for the first month. Then you get used to it, so you may prolong the time of activity.

- Begin with 15 to 20 minutes of exercises. Try arranging that three to five days a week, provided you actually exercise.
- Extend your exercise to 30 minutes next month. As you keep adding time, make sure paying attention to technique rather than the number of repetitions.
- Between weights and repetitions, go for repetitions. It will help you burn more fat.

Important: stay hydrated as you exercise, wear comfortable close and shoes and make sure you put the right amount of effort in. It is said that you should be able to keep up with a conversation without having to breathe first.

Added Benefits

Apart from the improved control over the cholesterol level, regular exercise can help you:

- lower the blood pressure and reduce the risk of migraines;
- lower the chances of heart attack and coronary complications;
- strengthen your muscles and reduce the risks of other health issues.

As you can see, regular exercises are beneficial not only to your cholesterol levels but to overall health as well. If you are concerned with your cholesterol level, please, discuss it with your doctor before making any decisions.