

## EXERCISE AND BLOOD CHOLESTEROL MANAGEMENT

### TRANSCRIPT

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Getting regular physical activity and exercise is a key part of your cholesterol management plan. Regular physical activity raises your good cholesterol, your HDL, the kind that makes your body happy.

Try aerobic activities, the kind of exercise that gets your heart pumping, like brisk walking, swimming, cycling, jogging and dancing.

Increase your daily physical activity just by making a few changes every day. Park farther away from the store. Take the stairs, instead of the elevator. Do chores around the house, then try to add in some walking. Five minutes here. Ten minutes there, every day.

*"The important thing for me is to walk every day. And if I only can handle fifteen minutes, that's my fifteen minutes. And if I feel comfortable after fifteen minutes, after a while I can increase for twenty minutes."*

*"A little bit of exercise is good. Start out small and then you can gradually increase how far you want to go."*

Start slowly and work up to a goal of 40 minutes of moderate to vigorous activity 3 to 4 times a week. Try 10 minutes here, and 10 minutes there to reach your goal. You don't have to do it all at once.

Talk to your healthcare provider about how you are planning to increase your activity.