

Managing Cholesterol with Exercise

Getting regular physical activity can help you manage your cholesterol.

It raises your HDL, or good, cholesterol—the kind that makes your body happy.

Try aerobic activities—the sort that gets your heart pumping, like brisk walking, swimming, biking, jogging, or dancing.

You can increase your daily activity by making a few simple 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, 10 minutes there. Every day.

Start slowly and work up to a total of 150 minutes of moderate-intensity physical activity each week.

Then add 2 or more days of muscle-strengthening activities like lifting weights, working with resistance bands, or doing some forms of yoga.

You can spread your activity out during the week. Break it up into smaller chunks. 150 minutes could mean 30 minutes a day, 5 days a week.

Or try 10 minutes here and 10 minutes there to reach your goal. You don't have to do it all at once.

And remember that some physical activity is better than none. Focus on sitting less and moving more.