

Exercise and Cholesterol

Regular exercise can play a significant role in managing cholesterol levels and promoting cardiovascular health. Here's how exercise affects cholesterol:

1. **Increases HDL cholesterol:** High-density lipoprotein (HDL) cholesterol is often referred to as "good" cholesterol. Regular exercise, particularly aerobic exercises like jogging, swimming, or cycling, can increase HDL cholesterol levels. HDL cholesterol helps remove low-density lipoprotein (LDL) cholesterol, commonly known as "bad" cholesterol, from the arteries, reducing the risk of plaque buildup.
2. **Reduces LDL cholesterol:** LDL cholesterol is considered "bad" because it can contribute to the formation of plaque in the arteries, leading to atherosclerosis. Exercise can help lower LDL cholesterol levels, especially when combined with a healthy diet. It promotes the breakdown and clearance of LDL cholesterol from the bloodstream.
3. **Enhances weight management:** Regular exercise helps with weight management or weight loss, which can positively impact cholesterol levels. Maintaining a healthy weight reduces the levels of LDL cholesterol and triglycerides, while also increasing HDL cholesterol.
4. **Improves overall cardiovascular health:** Exercise strengthens the heart and improves circulation, reducing the risk of cardiovascular diseases. It helps maintain the elasticity and flexibility of blood vessels, making them less prone to damage and cholesterol deposition. This improves overall heart health and lowers the risk of cholesterol-related conditions such as heart attacks and strokes.
5. **Manages other risk factors:** Exercise can help control other risk factors associated with high cholesterol, such as high blood pressure, diabetes, and obesity. By addressing these factors, exercise indirectly supports cholesterol management.

It's important to note that exercise should be combined with a healthy diet and other lifestyle modifications for optimal cholesterol management. While exercise can have a positive impact on cholesterol levels, it's still essential to consult your doctor at SunStar Clinics for personalised advice and to determine the most suitable exercise regimen for your specific needs and health condition.