

[WALKING LOWERS CHOLESTEROL](#)



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Lower bad cholesterol levels after six to 12 months of aerobic exercise, including walking, can "mean as much as a 30 percent reduction in the risk of coronary artery disease," according to "Essentials for Health and Wellness," a college textbook.

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Best Exercise for Lowering Cholesterol Naturally Walking

In addition to walking and other forms of exercise, foods, supplements, and integrative therapies work for lowering cholesterol naturally. The key is knowing which ones are safe and well-researched, and exactly how to best utilize them for optimal effectiveness.

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Exercise To Lower Cholesterol WebMD

Exercise To Lower Cholesterol. By Susan Davis . From the WebMD Archives. 30 minutes per day of moderate to vigorous exercise , such as walking, jogging, biking, or gardening.

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How does exercise affect cholesterol levels Benefits of

Walking decreases "bad" cholesterol and increases "good" cholesterol levels when done at the correct intensity. Since walking is proven to have the lowest drop out rate of all physical activities, is convenient and low cost, it is the preferred physical activity for obtaining beneficial cholesterol levels.

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Walking Lowers Cholesterol Blood Pressure As Much As

Walking Lowers Cholesterol, Blood Pressure As Much As Running. When told to exercise more to amp up heart health, it can sound overwhelming. How much? What type? What sort of effort is involved to really get your ticker on track? Well, surprisingly little.

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Lower Your Cholesterol Walking Workout

statins, walking is still a smart move. That s because statin therapy, while helpful, does little to raise HDL (good) cholesterol. A regular walking program will help boost HDL in most people. Plus, research shows that losing as little as 5-10 pounds may produce a significant drop in cholesterol levels.

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