

## [WALKING TO LOWER CHOLESTEROL](#)



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### **Does Walking Reduce Cholesterol Levels Livestrong com**

The best cholesterol-lowering exercises are walking, cycling, running, swimming and cross-country skiing, wrote Cooper. Benefits 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.

<http://ebookslibrary.club/download/Does-Walking-Reduce-Cholesterol-Levels--Livestrong-com.pdf>

### **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.

<http://ebookslibrary.club/download/Exercise-To-Lower-Cholesterol-WebMD.pdf>

### **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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### **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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### **How Long Does It Take to Lower Cholesterol**

In order to help lower LDL cholesterol, reduce saturated fat in your diet and increase dietary fiber. Saturated fats increase your body s production of LDL cholesterol. Dr.

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### **Walk Your Way to Lower Cholesterol HealthCommunities**

Move Your Way to Better Heart Health. Regular activity something as simple as a brisk, 30-minute walk each day can help you lower your LDL or bad cholesterol and raise your HDL or good cholesterol and reduce your risk of heart disease.

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### **Can Walking Reduce Cholesterol Coolhikinggear com**

Cholesterol causes problems by blocking the arteries and can significantly increase your chances of having a heart attack or a stroke. Regular walking is an exercise that has been proven to reduce cholesterol levels and the associated risks.

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### **Should You Try Exercise to Lower Cholesterol Naturally**

Exercise to lower cholesterol fits nicely into the daily routine of anyone looking to improve their health and lower the risk of heart disease. High cholesterol is a major contributor to coronary artery disease, heart attack, and stroke.

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### **The Best Exercises for People With High Cholesterol**

For instance, studies show that walking, yoga, and tai chi can lower cholesterol. However, these studies are few in comparison to studies looking at aerobic exercise. However, these studies are few in comparison to studies looking at aerobic exercise.

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