

Getting and staying active

Regular exercise can help lower your LDL-cholesterol and raise your HDL-cholesterol. Exercise conditions the heart, lungs, and blood vessels to be less susceptible to cholesterol buildup.

STAY ON TRACK WITH YOUR ROUTINE

- Start slowly and build up gradually to 30 minutes of exercise per day.
- Find activities you like.
- Exercise with a partner.
- Keep track of your progress on a calendar or an activity log.
- Set measurable goals for yourself.
- Reward yourself when you reach your goals.

- Take the stairs instead of the elevator.
- Take a brisk walk at work during your breaks and at lunch.
- Get off the bus one or two stops early and walk.
- Take your dog for long walks.
- Work in your garden.
- Go out dancing.
- Walk to the store.
- Go hiking or biking on the weekend.
- Consider walking or biking to your job or for errands.
- Plan outside activities with family and friends.
- When shopping, park further from the door and walk.
- Join a walking club at your nearby shopping mall.

TALK TO YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM