You can exercise now to help control your cholesterol

Regular exercise

Incorporating a regular exercise program into your life can bring many benefits. Weight loss (in overweight individuals) and exercise promote reduction of cholesterol levels and triglycerides, help in raising HDL-C, can reduce blood pressure, and decrease the risk of diabetes mellitus.

As little as 30 minutes a day, 3 days a week of moderate exercise including walking, biking, or swimming can make a difference. The important thing is to pick an activity you enjoy and get started! As your fitness improves, stamina increases and exercise can be even more effective.

Remember: It is essential to consult with your doctor before starting any type of diet or exercise program.

Calories Burned per Hour

	Body weight (lbs)			
	120	160	200	240
Activity				
Swimming, 25 yds/min	220	293	367	440
Walking, 3 mph	256	341	427	512
Tennis, singles	320	427	533	640
Bicycling, 12 mph	328	437	547	656
Cross-country skiing	560	747	933	1,120
Jogging, 5.5 mph	592	789	987	1,184
Running, 10 mph	1,024	1,365	1,707	2,048

How active are you?

Activity	Hours/week	Calories burned