



Hyperlipidemia: Exercise for Lipid Health

Physical activity directly improves cholesterol metabolism. Exercise lowers triglycerides, raises HDL, and improves LDL particle behavior. These benefits occur even without weight loss. Movement is lipid medicine.

Muscle contraction activates lipoprotein lipase, accelerating triglyceride breakdown. Aerobic exercise increases HDL production, while resistance training improves insulin sensitivity that drives healthier LDL patterns.

Lab trends often show triglyceride reduction within weeks of consistent activity. HDL frequently rises over months even without dietary change.

Without regular movement, lipid abnormalities persist despite medication or diet efforts.

01 Is This Your Story?

A 49-year-old improves diet but triglycerides remain elevated. When consistent walking and strength training are added, triglycerides drop by 30% and HDL rises. Medication escalation is avoided and energy improves.

02 Try This Today

Measure: Track weekly minutes of intentional physical activity.

Do: Add one structured workout session this week.

Reflect: Ask whether exercise is part of your lipid treatment plan or optional.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

