



Hyperlipidemia: Exercise for Lipid Health

Physical activity has a powerful, direct effect on how your body handles cholesterol—often independent of the number on the scale. When you move, your muscles pull fats out of the bloodstream for energy, which helps lower triglycerides and improves how cholesterol is transported and used. Regular exercise also raises HDL, the “cleanup” cholesterol that helps remove excess fat from arteries, and improves LDL particle behavior, making it less likely to contribute to plaque buildup. These benefits happen even without weight loss, which is why movement is truly lipid medicine, not just a weight-loss tool.

01 Is This Your Story?

A 49-year old improves diet but triglycerides remain elevated. When strength training are added, triglycerides drop by 30% and HDL rises. Medication elevation 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>

