

CARDIOVASCULAR DISEASE, CHOLESTEROL & EXERCISE



Cardiovascular Disease, Cholesterol & Exercise

Let's talk about cardiovascular disease and cholesterol.

Did you know a sedentary lifestyle is one of the 5 major risk factors (along with high blood pressure, abnormal values for blood lipids, smoking, and obesity) for cardiovascular disease, as outlined by the American Heart Association (AHA)?

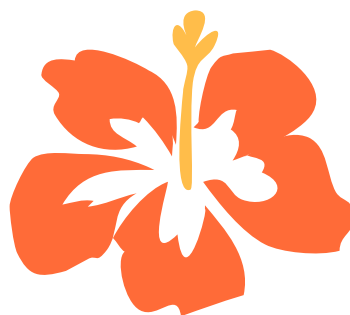
Exercise promotes weight reduction and can help reduce blood pressure.



Regular exercise helps to keep arteries and other blood vessels flexible, ensuring good blood flow and normal blood pressure and cholesterol.

Did You Know?

According to the American Heart Association (AHA), exercising 30 minutes a day, five days a week will improve your heart health and help reduce your risk of heart disease.



Benefits Of Regular Exercise On Cardiovascular Risk Factors

- Increase in exercise tolerance.
 - Reduction in body weight.
 - Reduction in blood pressure.
- Reduction in bad (LDL and total) cholesterol.
- Increase in good (HDL) cholesterol.
 - Increase in insulin sensitivity.

Exercise is one of the most important things to help you to decrease the existence of cardiovascular disease and cholesterol.



Once you start moving your body, you actually find that you'll start to change the way your body feels and also change the distribution of weight which is really important in healing.

So high cholesterol and heart disease is usually related to weight increase, moving and exercise will help to reduce these negative effects.

Of course other things, like the way you eat, will play a part in this too. When I say, **diet**, don't think diet diet diet. I will have to starve myself, actually look at what foods you do eat.



Watch your intake of sugar.

A high amount of dairy will increase fat around your middle and also fat around your heart.

Which is one of the indicators of high cholesterol and heart disease.

Find a nutritionist who can help you with the best foods to eat so you can start to heal your body.

When you do this you will find that you decrease your issues with heart disease and cholesterol.



Movement Is Important

When we say moving, it does not have to be strenuous.

Move your body by going out for a walk, it is one of the most important things to do to help you start feeling better. You will increase your heart rate.

A walk will start to increase blood flow through the body and it is called cardio exercise, so it will stimulate the heart.



So if you know you have no issue with heart disease but you might be carrying a bit of extra fat, around the heart and the stomach area and you want to reduce your cholesterol, then movement will help you to reduce cholesterol.

It can also play a part in helping a heart disease issue.

If you are suffering with a heart problem, it is very important to check with your doctor, before you start any exercise program.



Find out your level of fitness from your doctor, medical practitioner or your natural practitioner before you get started.

You can find some more eBooks or videos to help you get started in the GHE membership area.



This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange

