

# CHOLESTEROL & HEART DISEASE



&

# EXERCISE



# Cholesterol - Heart Disease & Exercise

Let's talk about cholesterol and heart disease both issues that can cause huge health issues if you do not look after them.

Exercise is very important for heart disease and for cholesterol as well.

**It's very important that you consult with your medical practitioner or your alternative practitioner before, you start any exercise program.**



As you know with heart disease you can have fat around the heart.

With cholesterol you can get fat around the heart and around the stomach area.

You often see people with this shape, which will be a warning sign that there will be some issues with heart and cholesterol.

One of the things to do of course, is to reduce the intake of fat into the diet.

**It's important that they still have good fats in the diet as there is a difference between 'good' fat and 'bad' fat.**



In order to find good fat it is always good to do your research.

You can look at Google or in this membership area to see what you can find for good fats but just to give you an idea.

Think of fats that are in white breads, sugars, cakes etc. anything that is white foods. White food is normally not going to be good for you as it is so processed.

High fat, full cream milk is also not good for you if you've got a cholesterol issue or heart disorder.



So think about lowering the 'bad' fat content, taking out the sugar in foods, and thinking of eating foods with good colour. If you eat fruit and vegetables for example; vegetables that are red are great for the blood.

**Eat fruit with reduced sugar, (i.e. berries) vegetables and eat whole foods.**

**This is the best thing you can do to actually help you to reduce your cholesterol and heart levels.**

**Now, if you want to start an exercise program. It's important that you consult with a medical practitioner.**



When you find that everything is good to go, then you can start out slowly or find someone that you trust that runs a program that is suitable for you, particularly suitable for your age group.

You don't want to be running into a high intensity workout before you know exactly where you are and how you feel.

**The problem with exercise is, sometimes people do too much, too soon and feel exhausted in the first week.**

**Take Your Time. It Is Not A Race.**



This is not great for long periods, so it is important that you start out nice and slowly and find someone you trust that you can work with.

Another great thing is actually working with a buddy or a friend that can give you motivation to keep going.

**A very simple exercise to get you started is to walk.**

So if you live in an environment that is great to walk go outside. If you live in an environment that is not great to walk, you can walk up stairs. Be creative!



Think about your heart rate and how it's going to feel when your cardiovascular system starts to work better.

Cholesterol wise, think of the foods that you're eating. Look at the foods that we mentioned before. Make sure you lower your bad fat intake. Start an exercise program.

Find a class that fits within your age group. It will be better for you; for e.g. joining a crossfit class with a 19-year-old that you are trying to compete against, compared to a yoga or Pilates, Fusion class with other people doing gentle exercises around the 40's age group.





**It is important to really listen to what your  
body requires.**

I hope this gives you some idea of how you  
can reduce your cholesterol and heart disease  
and start living a healthier life.



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

