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Raising HDL: Exercise

For many years—even back when I was a graduate student—we've known that one of the benefits of regular aerobic exercise is increased levels of HDL cholesterol, AKA the healthy cholesterol. If you want to increase your HDL, you should exercise regularly.

There are still many questions that need to be answered. What is the best type of exercise: aerobic or resistance training? How intense does the exercise have to be? Is walking intense enough or does it have to be faster? There are more questions, but you get the idea.

The reason we don't know is that we don't know **how** exercise raises HDL levels. Maybe it's because we burn fat and sugar while we exercise, making less available to make cholesterol. Maybe the genes such as APO-A1 get activated to make more HDL. We just don't know.

What we do know is that if you exercise regularly, especially aerobic exercise, you can increase your HDL levels, and that's something we know is good for us. Put on your walking or dancing shoes, pull on your swim trunks, or get on your bike; spring is a great time to get your HDL levels up. I'll give you another tip for increasing HDL on Saturday.



What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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