

Lifestyle Changes to Improve Blood Lipids

Physical Activity

- Engage in at least 150 minutes per week of moderate-intensity aerobic activity (e.g., brisk walking, cycling, swimming) or 75 minutes per week of vigorous-intensity activity.
- Incorporate muscle-strengthening activities on 2 or more days per week to work all major muscle groups.
- Regular physical activity helps raise HDL (good) cholesterol, lower LDL (bad) cholesterol, and reduce triglyceride levels.

Maintain a Healthy Weight

- Achieving and maintaining a healthy weight can significantly improve lipid profiles.
- Combining dietary changes with increased physical activity enhances weight management efforts and lipid control.

Manage Stress

- Chronic stress may contribute to elevated LDL cholesterol and triglyceride levels through hormonal pathways involving cortisol.
- Implementing stress-reduction techniques such as mindfulness, meditation, deep breathing exercises, and regular physical activity can positively impact lipid levels.
- Adequate sleep and social support are also important factors in stress management and overall cardiovascular health.

