

## Get Moving



### Physical Activity and Cholesterol

Physical inactivity is a major risk factor for heart disease. The American Heart Association recommends getting at least 30 minutes of physical activity, preferably every day but at least more days than not. You don't need to get your minutes all at once — it's fine to break up your activity into 10- or 15-minute sessions.

For some people, regular physical activity affects blood cholesterol level by increasing the level of HDL (good) cholesterol. A higher HDL level is linked with a lower risk of heart disease. Physical activity can also help control other risk factors for heart disease: weight, diabetes and high blood pressure. Aerobic exercise (exercise that uses oxygen to provide energy to large muscles) raises your heart and breathing rates, which help your heart to work more efficiently at rest as well as during physical activity. Vigorous, regular physical activity such as brisk walking, jogging and swimming also condition your lungs.

Even mild activities, if done daily, can help. You can benefit from simple things like walking, gardening, housework or dancing. Talk to your doctor about getting started, especially if you've been inactive. And use these resources to learn more about incorporating physical activity into your daily routines:

- [Top 10 Tips for Starting a Physical Activity Program](#)
- [Physical Activity Tips for Older People](#)
- [Tips for Raising Heart-Healthy, Active Children](#)
- [One-Mile Fitness Calculator](#)
- [Start!](#) is the American Heart Association's movement that encourages everyone to live longer, more heart-healthy lives through walking and other healthy habits.
- [Choose To Move](#) is a free 12-week physical activity program for women featuring a personal handbook, nutrition tips and new recipes, e-mails with physical activity tips to keep you motivated, workout clothing information and much more.
- [AHA Scientific Position on Physical Activity](#)

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