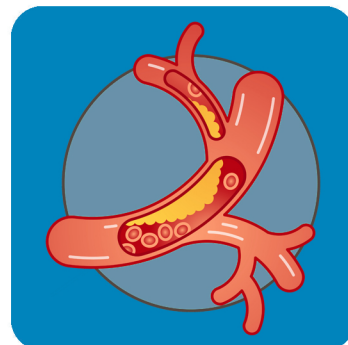


## Exercise and Hyperlipidaemia

Hyperlipidaemia, also known as high cholesterol, is the elevation of different lipoprotein concentrations such as cholesterol and triglycerides within the blood, which is due to a high level of LDL (bad) cholesterol or a low level of HDL (good) cholesterol in your blood. The combined effects of gender, age, body fat distribution, diet, smoking, some medications, genetics, and regular physical activity can affect blood lipid levels and subsequent coronary artery disease risk.



### In Hong Kong



Hyperlipidaemia is a disease with both a high incidence and prevalence rate in Hong Kong. In the 2014/15 population health survey, the prevalence of high cholesterol for people aged 15 to 84 in Hong Kong was 50%. This condition is associated with a high morbidity and mortality.

### Why Can Exercise Help?



Exercise helps in lowering triglycerides and increasing “good” HDL cholesterol levels. The latter is involved in the reverse transport of cholesterol from the peripheral tissues back to the liver. An improved cholesterol profile can be seen with exercise with a low-fat diet, weight loss and reduction in central adiposity.

## Exercise Recommendations

### Aerobic Exercise



Stay active on most days of the week, aiming for more than 5 days per week.



Start with 20 minutes with 40% HRR and gradually increase up to 60 minutes with 80% HRR.

Moderate types of exercise include brisk walking, light cycling, water exercise or dancing.

### Resistance Training



At least 2 days per week, non-consecutive days



Exercises at a light-moderate level or below pain threshold



2-3 sets of 10-15 reps of major muscle group exercises



Body weight exercises, exercise machines or free weights exercises

A combination of aerobic and resistance training leads to the BEST health outcomes

### Tips for Getting Started

- Exercise is only part of your program to change your blood lipids. Changes in diet and medication also are required for success.
- Choose low-impact activities that you enjoy, such as walking, cycling or water exercises. Remember that duration is more important than intensity.
- If you have been inactive for a long time, start with short sessions, gradually build up the intensity and duration of your exercise sessions.

### References

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