

[DIET AND EXERCISE PLAN TO LOWER CHOLESTEROL](#)



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Diet Exercise Plan to Lower Cholesterol Healthfully

By maintaining a healthy diet and exercising regularly, you can improve your cholesterol levels and reduce your risk for heart disease and stroke. Lowering Bad Cholesterol Lowering your bad cholesterol, or low-density lipoprotein, is important for heart health.

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Are you looking for a simple high cholesterol diet and exercise plan to lower Your cholesterol fast? If yes, you probably went to your doctor and had a cholesterol test.

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This easy-to-follow plan gets a stamp of approval from the American Heart Association and is proven to lower blood pressure. Bonus: It works fast. In one study, people saw results in just 2 weeks.

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How To Lower Cholesterol With Diet and Exercise CRESTOR

When diet and exercise alone aren't enough to lower cholesterol, adding CRESTOR can help. In adults, CRESTOR is prescribed along with diet to lower high cholesterol and to slow plaque buildup in arteries as part of a treatment plan to lower cholesterol to goal.

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5 Tactics To Reduce Cholesterol Quickly Pritikin

Regular exercise may only slightly lower your total and LDL cholesterol levels, but it often does a very good job, in combination with a healthy eating plan like Pritikin, of helping you shed excess weight, which can

dramatically improve your cholesterol profile.

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It also can lower the cholesterol content in unstable plaques, making them more stable and less likely to burst and cause a heart attack. Lowering LDL is especially important for those who already have

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