

## [WALKING TO LOWER CHOLESTEROL](#)



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Lower bad cholesterol levels after six to 12 months of aerobic exercise, including walking, can "mean as much as a 30 percent reduction in the risk of coronary artery disease," according to "Essentials for Health and Wellness," a college textbook. Walking 30 minutes three times weekly for 11 years reduced heart-disease deaths by 26 percent, and regular walkers weighed 18 fewer pounds, according to the August 2009 issue of Harvard Men's Health Watch.

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### **Exercise To Lower Cholesterol WebMD**

But exercise has many advantages beyond lowering cholesterol. Exercise has been shown to keep bones strong, reduce the risk of cancer, diabetes, stroke, and obesity, and to improve mood.

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### **Best Exercise for Lowering Cholesterol Naturally Walking**

The harder you work, the better the results, right? Not so, according to a recent study. What's the best exercise for lowering cholesterol? This study found walking works just as well as running not only for lowering cholesterol naturally, but for reducing the risk of high blood pressure and diabetes too.

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### **Walk Your Way to Lower Cholesterol HealthCommunities**

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### **How Long Does It Take to Lower Cholesterol Healthline**

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### **9 Ways to Lower Your Cholesterol in 10 Seconds Eat This**

The first step in lowering your cholesterol: Know that the word cholesterol itself shouldn't inspire panic. In fact, it's as natural to our bodies as blood itself we use cholesterol to form cell membranes, create hormones and perform all sorts of important bodily procedures.

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### **Lower Your Cholesterol Walking Workout**

Warm up those muscles. Begin each walk at a slow, leisurely pace for up to 5 minutes. Once your muscles feel warm and your heart rate increases, you can quicken your pace.

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### **5 Tactics To Reduce Cholesterol Quickly Pritikin**

5 Tactics To Reduce Cholesterol Quickly For most of us, there's really no need to pack our medicine cabinets with pills to reduce cholesterol levels. Natural, lifestyle-based strategies have proven extraordinarily effective in reducing cholesterol quickly and permanently.

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