



Exercising with hyperlipidemia

YHU RH FEV

ORH B QJSH MBSOWE HXCEI
BSW/BSWWSHRHFW, WBYHW/WHR
WWRWHSWWHWE

How to HWWW/HG

5H0H0M FBQV/KDVEBHW FQ
WV0S W/KH0BEBW0W0H0
QV0H0 BYH0H0W0S0W0H0
A0F0W0H0W0V0W0S0
B0V0H0H0F0W0B0W0B0H0
B0V0S0W0H0B0F0W0H0Y0H0Y0H0
W0B0S0Y0H0W0H0B0W0H0H0

H0W0W0B0W0W0R0V0H0W0
F0B0H0A0E0:H0W0W0H0W0R0
B0H0W0V0E0W0F0B0H0//&
E0B0H0A0B0H0B0W0W0B0
B0H0W0H0B0BYH0E0

5H0H0M WEHHQVADQSH
B0K0B0B0W0B0H0W0W0S0B0W0H0V0
B0W0H0F0B0H0W0D0W0S0B0B0
K0B0B0W0R0H0W0W0D0
B0H0

M B GWE B KDKB SBBB SW B BW
MSW/BEH

M D FBBV D HFRGG E0M GWE B
SBW G D B W0W0W0W0S0

Warm up and cool down

W0W0H0B0W0W0H0
B0W0S0W0K0B0W0K0W0

Warm-up exercises include dynamic stretches, range-of-motion activities and low intensity movements. This can be done standing up, walking around, marching on the spot or seated.

Always end your exercise session with a 10–15-minute cool-down to ensure your heart rate and breathing rate return to normal safely. Cool down exercises include slowly decreasing the intensity of your activity and simple stretches.

Be active

Some is good, more is better

How much:	Aim for at least 150-300 minutes a week of moderate intensity or at least 150 minutes a week of vigorous intensity physical activity. Start moving more each day increasing to regular movement every day and add sessions as your strength and stamina improve.
How hard:	Any movement helps. Start with low and aim for moderate to vigorous intensity—aim to feel slightly breathless. Take frequent breaks every 10-15 minutes during activity.
How long:	Aim to spread out your session throughout the week. If your fitness level is low, start with 5–10-minute sessions and add 10-minute intervals until you can comfortably exercise for longer.

What type:	All physical activity counts. Try activities within your abilities: walking, cycling, dancing, swimming, water aerobics, hiking—choose something you enjoy! Recreational team sports such as soccer, tennis, or volleyball are great social activities too! Household activities such as cleaning, gardening, vacuuming or walking your dog are great activities for your health.
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What will it do for me?

Regular exercise has significant beneficial effects on lipid levels. It also reduces your risk of obesity, heart disease, stroke and type 2 diabetes and helps reduce blood pressure and stress levels.

Build strength

How much:	At least twice a week.
How hard:	Start with light muscle strengthening exercises and progress to moderate or greater intensities over time. Take frequent breaks, if necessary.
How long:	Choose a variety of 8–10 exercises targeting the upper and lower body and repeat each exercise 10–20 times. Aim for 1–3 sets of each exercise.
What type:	A variety of strength exercises using free weights, resistance machines or household items such as a can of beans or a weighted water bottle as a weight. At home, try squats, calf raises, wall push ups, arm curls, knee curls, front and side arm raises, and chair stands using weights or a household item such as a can. Household chores such as carrying shopping, mowing the lawn or gardening are also good strength-building exercises.

What will it do for me?

W0W0W0N0H0S0D0R0B0R
H0H0W0W0W0B0H0F0W0X0H0W0S0
W0E0R0B0W0
W0W0B0H0

Improve balance

How much:	W0W0W0H0 a week.
How hard:	Try W0B0 balance exercises and repeat each exercise W0L0P0H0
How long:	Hold each balance for 10-30 seconds.
What type:	Try yoga, Tai Chi, or simple home balance exercises. Balance exercise can be done standing up, using a chair, against a wall or sitting down. Ensure the area you are exercising in and the type of balance exercise is safe.

What will it do for me?

Practising balance exercises helps to train your body to react more quickly to a loss of balance and can help reduce the risk of falls, fractures and injuries.



Exercising with hyperlipidemia

Sedentary living

Reduce the amount of time being sedentary. Move more and break up sedentary time. Sedentary behavior is defined as time spent sitting or lying with low energy expenditure, while awake in the context of occupational, educational, home and community settings, and travel. Higher amounts of sedentary behavior can increase the risk of heart disease, type 2 diabetes and some cancers.

Replace sedentary behavior with more physical activity of any intensity (including light intensity). It is possible to avoid sedentary behaviour and be physically active while sitting or lying, through, for example, upper body led activities, inclusive and/or wheelchair-specific sport and activities. Try seated stretches for those with limited mobility; using active forms of transport; standing while working (within your abilities and environment), and other accessible active options to replace sedentary time.

Your exercise, your way!

Choose activities that are easy to start with, and that you enjoy. Always exercise within your abilities. If mobility is difficult, adapted cycling, swimming and chair-based exercises may be better alternatives. Exercise with friends and family or join a group class to improve your motivation levels and engage in social activities. Try exercising both indoors and outdoors and see which you prefer! Most importantly: **some physical activity is better than none.**

Helpful resources

The Heart and Stroke Foundation provides useful information and living with high cholesterol. <https://www.heartandstroke.ca/heart-disease/risk-and-prevention/condition-risk-factors/managing-cholesterol>

The Heart and Stroke Foundation gives great tips to stay active. <https://www.heartandstroke.ca/healthy-living/stay-active>

Exercise safety

Some lipid lowering drugs can cause muscle discomfort. If you experience an increase in any muscle symptoms, speak to your doctor or healthcare provider.

Ask your doctor or healthcare provider for more information about how to exercise safely and how to maintain an exercise plan. Start with shorter sessions (e.g. 10–15 minutes) and slowly build up to the recommended level.

Aim to get slightly out of breath, but exercise sensibly and stop the activity if you feel unwell.

Always wear comfortable clothing and shoes that give good support. Take frequent breaks if necessary, and drink water before, during and after exercise.

Ensure you exercise safely at all times, and ask for assistance if you are unsure about any particular exercises.

Choose environments that you can access freely and safely. Please ask your healthcare provider or local leisure organizations for advice on the best option for you.

Scan for more physical activity resources!

