

Personal Training by Robert J. Bovee

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FACTS ON HIGH CHOLESTEROL

The American Heart Association reports that heart and vascular diseases are the primary causes of death in the United States. So, it only makes sense that high cholesterol, a circulatory ailment, is a large hazard to ones health.

Exercise is one of the few voluntary activities that are effective in raising your level of **HDL** - the type of cholesterol that lowers your risk of heart disease. In fact, research indicates that for every **1%** increase in HDL you experience, you incur a **2%** to **3%** reduction in your risk of heart disease. At the same time exercise increases your level of HDL, it lowers your level of LDL (the “bad” cholesterol).

High cholesterol can be a result of one or many factors. This condition can be genetically linked but is more often a combination of both inherited and environmental factors. Such environmental factors include excess body weight, poor diet and lack of physical activity, mental stress, smoking cigarettes, alcohol consumption and high levels of caffeine from coffee or tea. Foods high in fat continually consumed over a long period of time, for example, can increase the “bad” cholesterol in your arteries causing the arteries to narrow. One problem with high cholesterol is that it has no foreboding symptoms. Many individuals have no idea that their cholesterol is too high until it is too late.

To reduce high cholesterol, try and remove the factors associated with it. If you are obese - begin to lose weight; if you are not active - begin to exercise; if stress is a problem - try meditation to help you to relax. Diet could have the most profound affect on controlling your cholesterol. Some helpful hints would be lowering your intake of foods high in fat and cholesterol, and increasing fiber intake.

We are not only concerned with the benefits that you see but also of the benefits you may not see. The long-term effects of exercise will result in a lowering of cholesterol. The correct combination of aerobic exercise and weight training are important and proper technique and programming is essential.

For more information, please contact Robert J. Bovee at **(585) 330-0614**.