

It is known that cardio and strength exercises of medium and high intensity reduce blood cholesterol. For this, for example, you can run, ride a bicycle and not only.

**Run.** High -intensity cardiopuls can reduce the level of harmful blood cholesterol. Studies also showed that marathonians usually have an increased level of “good” cholesterol.

**High -intensity interval training (hiit).** They include short series of energetic exercises that alternate with periods of exercises of less intensity or rest. In the course of one study, it turned out that people involved in HIIT have significantly lower indicators of total cholesterol and harmful cholesterol. There is also evidence that such exercises can slow down a decrease in the level of useful cholesterol, which occurs with age.

**Cycling.** During the study, where amateur cyclists were compared with people who are not involved in bicycle sports, it turned out that cyclists had a much better cholesterol profile. In addition, it has been proven that riding on an exercise bike improves cholesterol, as it leads to a decrease in the level of LDL, triglycerides and total cholesterol.



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**Jumping through the rope.** The study showed that jumping with a rope for eight weeks in combination with a diet with calorie restrictions helped to significantly reduce the level of harmful cholesterol in the blood.

**Having lifts.** This exercise reduces the level of harmful cholesterol, total cholesterol, triglycerides, increases the level of useful blood cholesterol. This effect is more pronounced in the elderly than those who are under 40 years old.

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