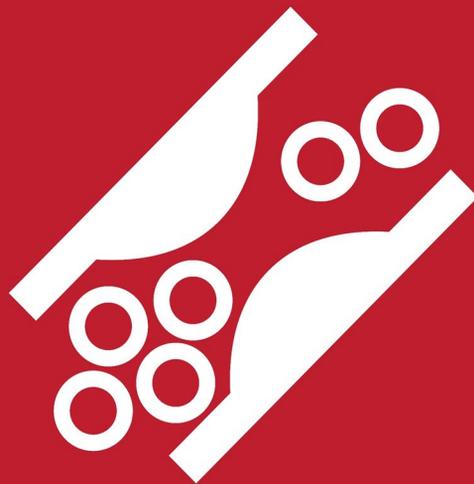




How to Improve Cholesterol with Exercise and Nutrition





If your doctor has told you to improve your cholesterol, this is a guide to the evidence based recommended exercise and nutrition guidelines to do that.

Guidelines:

UK Chief Medical Officer 2019

American College of Sport and Medicine 2016





Cholesterol goals:

A blood test will show three results:

- High-density lipoprotein (HDL)
- Low-density lipoprotein (LDL)
- Ratio of total Cholesterol to HDL

These results are sensitive to lifestyle behaviour so trends over time are the best benchmark.

Each country has slightly different benchmarks for scores that are regarded as risky to health. However, the principal is the same that for long-term health the goal is to:

1. Increase HDL
2. Lower LDL
3. Lower the ratio score

The recommended approach to achieving this goal is to use exercise and nutrition to improve metabolic function and lose weight.

Medication may be provided as well to manage risk while a patient practices exercise and nutrition, which can take months to have an impact.





The Longevity Experience



Think of exercise and nutrition as necessary inputs.

With the outcomes being:

- Increasing your chance of living longer and avoiding chronic heart disease with optimal cholesterol scores
- Feeling better with improved aerobic fitness and strength
- Looking better with less body fat





Before starting an exercise programme consult a doctor to check that the programme is appropriate for your medical conditions.

Medications prescribed for high cholesterol may cause muscle fatigue, weakness and soreness in lower limbs so high impact exercises should be avoided.





Minimum Recommended Exercise Guidelines

Cardiovascular fitness

Frequency

4-5 times per week

Duration

20 – 40 minutes per session

Effort per week

150 minutes moderate e.g.
brisk walking

or

75 minutes intense e.g.
running

Intensity

40 – 70% HR Max
(Calculated $220 - \text{age}$ then %
of that)

Muscle strength and endurance

Frequency

2-3 times per week

Duration

20 – 40 minutes per session

Effort per week

1-2 work sets of 8-12 reps for
each muscle group twice a
week

Intensity

50 – 70% of your 1 rep max or
maximum weight you can lift





Minimum Recommended Exercise Guidelines

Flexibility

Frequency

3 times per week

Duration

10 minutes

Effort per week

15 -30 seconds 3 times per week for feet, legs, hips, trunk, back, shoulders, neck and arms

Intensity

Stretch to mild discomfort and aim to take each major joint through full range of motion

Daily activity

Frequency

5-7 times per week

Duration

20 – 60 minutes per session

Effort per week

Each day complete 8-10,000 steps

Intensity

Can be gentle to moderate walking, combined with cardiovascular sessions





Nutrition Guidelines

Macronutrients

Protein

Aim to eat 1 gram of protein for each kilogram of bodyweight every day. If you are over 50 this should be increased to 1.5 grams.

Carbohydrate

50% of daily calories should come from this food source

Fibre

The recommended daily fibre intake is 30 grams

Fat

Avoid saturated fat and fats should make up no more than 35% of daily calories

Weight loss

To lose weight aim for a 500 per day calorie deficit which should produce up to 0.5kg weight loss per week. This is the optimal rate to reduce body fat while minimising muscle loss.





Nutrition Guidelines

Food that helps

- Oily fish, like mackerel and salmon
- Brown rice, wholegrain bread and wholewheat pasta
- Oats, barley, lentils
- Nuts and seeds especially almonds, walnuts, sunflower and pumpkin seeds
- Fruits and vegetables especially egg plant, okra, apples, avocado, kale, garlic
- Extra virgin olive oil
- Dark chocolate
- Green tea

Food to avoid

- Meat pies, sausages and fatty meat
- Butter, lard and ghee
- Cream and hard cheese, like cheddar
- Cakes and biscuits
- Food that contains coconut oil or palm oil
- Deep fried food e.g. French fries and potato chips
- Alcohol





How to benchmark progress

Cholesterol, physical and body composition benchmarks should see improvements after 8 weeks. Get blood tests at the frequency your doctor recommends. By 6 months, longer term improvements will be easily measurable.

Physical performance benchmarks

Test yourself when you start and every 4 weeks:

- Max push ups without a break
- Max body weight squats without a break
- Max sit ups without a break

On a treadmill or outside if you have a GPS tracker on your smart watch. How far you can walk in 6 minutes.*

Body composition benchmarks

Test yourself when you start:

- Weigh yourself every week

Every 4 weeks:

- Hip measurement
- Waist measurement
- Ideal waist to hip ratio
 - Males <0.94
 - Females <0.8
- Body fat percentage aiming for 20%

* If you are relatively fit then a VO_2 Max test on a treadmill or indoor cycle will be a better benchmark





The Longevity Experience

Research from the American College of Sports Medicine (ACSM) suggests that only around 20-30% of individuals meet their fitness goals.



An International Health, Racquet & Sportsclub Association (IHRSA) survey indicated that 70% of members who hired a personal trainer met their goals.

Contact us for expert support so you meet your goals.



nigel.issa@longevityperformancecoaching.com



Longevityperformancecoaching.com

