

Was H. Post
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X Heart = HDL
X Heart = exercise
X Laubach, Lloyd
X Heart = women.

Exercise Benefits Differ

DAYTON, Ohio — Women do not get the benefits men do from vigorous exercise because of a difference in me-

tabolizing cholesterol, says a researcher at the University of Dayton.

Research shows that exercise such as long-distance running, walking, swimming, bicycling or cross-country skiing can increase high density lipoprotein levels (HDL) in men's blood. The exercises are thought to decrease the risk of coronary heart disease.

But Lloyd Laubach, of the university's physical and health education department, reports he has found that exercise does not seem to have the same effect on HDL in women.