Hepatitis C and Exercise

Options can be walking regularly, light weight lifting, cycling, swimming, elliptical trainers, treadmill work, and interval training.

July 2, 2021 By Connie M. Welch

Hepatitis C and Exercise, What are the recommendations? Dr. Joseph Galati MD, a hepatologist from Houston, Texas shares valuable information on how we can improve our health and take care of our liver through proper exercise.

Questions regarding hepatitis C and exercise are asked daily, and there is interest in the proper recommendation. There is research to support the fact that obese patients with hepatitis C are more likely to develop more fibrosis and scarring in the liver than those with hepatitis C who are thin. Obesity leads to fatty liver, elevated blood glucose levels, diabetes, and increased insulin levels. All of this leads to increased scarring, and the chance of developing cirrhosis of the liver.

Weight loss through diet and exercise is the best defense against progressive scarring of the liver. We have previously discussed hepatitis C and diet in another YouTube video. Here we discuss exercise in patients with hepatitis C. Options for exercise include a regular walking schedule, light weight lifting, cycling, swimming, elliptical trainers, treadmill work, and interval training.

For more information on hepatitis C and treatment options, visit www.texasliver.com and www.yourhealthfirst.com.

Come check out Hepatitis C Health tips and Hep C Patients Treatment Experiences and more at lifebeyondhepatitisc.com.

Do you do some form of exercise? We'd love to hear from you. Please comment below.

This entry was originally published on Life Beyond Hepatitis C on June 30, 2021. It is reprinted with permission.

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