

Lowering cholesterol

Your 10 minute challenge

Take a few minutes every day for a week to find some areas you could change to help keep your cholesterol low and your heart healthy.

You're in control. By taking the time to make small changes to your lifestyle, you can help keep your heart healthy, and change your life.

Day	How many portions of fruit / veg did you eat?	Check the labels: What foods did you eat that were high (red label) in saturated fat?	Get a move on: Make a note of any time you're active – anything from walking or gardening to swimming or team sports
1			
2			
3			
4			
5			
6			
7			

At the end of the week, look back over what you did and answer these questions:

Did you eat at least five portions of fruit or veg every day?

Yes No

Did you eat a lot of foods high in saturated fat during the week?

Yes No

Were you active every day?

Yes No

Choose an area to tackle to help lower your cholesterol. Put a number to it and set a date to complete it by

Example: I will eat at least five portions of fruit and veg every day for the next month.

Target date: ____ / ____ / ____