Which risk factors can I change to improve my health?

 Tick your risk factors and write down the changes you will make:

☐ Smoking – *How I will make a change:*

☐ Sitting less often – *How I will make a change:*

☐ Being physically inactive – *How I will make a change:*

☐ Being overweight – *How I will make a change:*

☐ Having high cholesterol – *How I will make a change:*

☐ Having diabetes – *How I will make a change:*

☐ Having high blood pressure – *How I will make a change:*

☐ Unhealthy eating – *How I will make a change:*

☐ Being depressed, socially isolated and having a lack of social support – *How I will make a change:*

☐ Drinking more than the recommended amount of alcoholic drinks each day – *How I will make a change:*

Which risk factors can I change to improve my health?

☐ Tick your risk factors and write down the changes you will make: