

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:*

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

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

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

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

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

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

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

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

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

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