

Lifestyle Changes

Everyone is advised to keep their overall cardiovascular risk as low as possible.

Which of the following cardiovascular risk factors do you think you can influence positively by changing your lifestyle? Tick them:

- ☐ Unhealthy diet (e.g. too much salt, convenience food, fast food, soft drinks)
- ☐ Overweight
- ☐ Insufficient physical activity
- ☐ Smoking
- ☐ High blood pressure
- ☐ Elevated blood fats
- ☐ Diabetes
- ☐ Stress

Tick the lifestyle changes you think you can tackle:

- ☐ Balanced, low-sodium diet (Mediterranean diet)
- ☐ Weight management (healthy weight, i.e. no over-/underweight)
- ☐ Regular physical activity (150 minutes of moderate physical activity per week, preferably spread over 5 days)
- ☐ Smoking cessation
- ☐ Reduce stress