



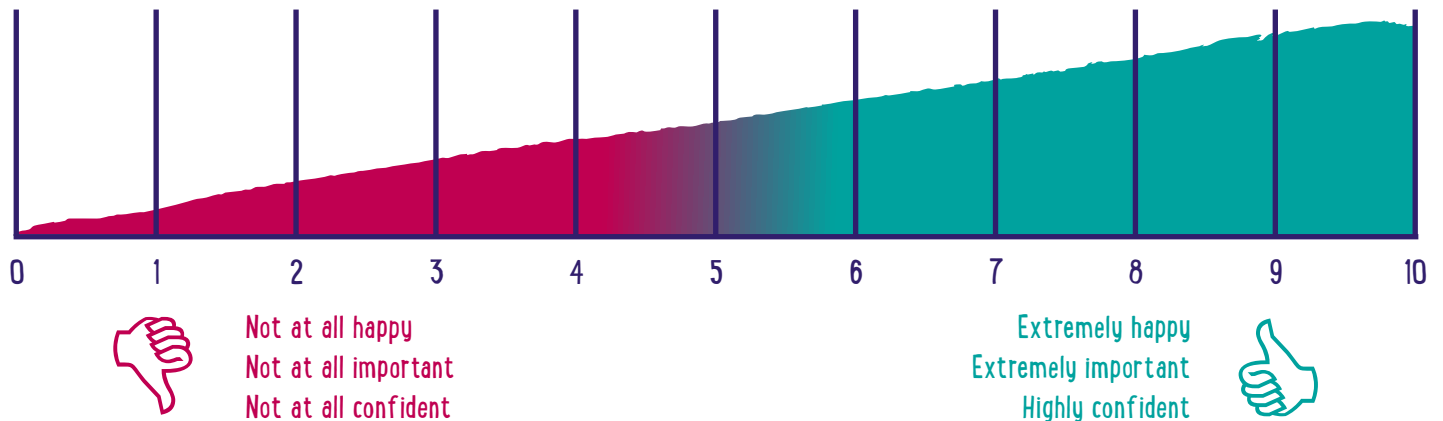
UCLP[®] Step 1 Let's Get Motivated

Let's face it – it's not easy making changes to the way we eat. But to stand the best chance of success, getting into the right mindset is vital. You have to feel ready, and have clear, strong reasons for making the change.

Try answering the following questions to see if you are ready to make some changes. Make some notes as you go.

Need a motivation boost?

This exercise could help you focus on what is important to you and help boost your confidence and motivation.



Consider each question below and see where you are on our motivation scale above. Reflect on why you gave yourself this score and what would improve it.

How happy are you with your current cholesterol level? How happy would you be if you reached your target cholesterol level? Why is this?

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How important is it for you to lower your cholesterol level? What is stopping your score from being higher? Could understanding more about cholesterol and how it affects your health make lowering it more important to you? Are there other problems or issues getting in the way? If so when / how can these be resolved?

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How confident do you feel that you can make some diet and lifestyle changes? Can you think of how you could gain more confidence? It may be helpful to discuss this with your friends, family and / or a health professional as sometimes making changes can seem daunting. What skills, help or support do you need?

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If you succeed in changing aspects of your diet and lifestyle how happy will you feel? Are there small milestones you can set yourself every couple of weeks? How will you celebrate your success?

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IT IS IMPORTANT TO KEEP REMINDING YOURSELF OF THE BENEFITS AS THIS WILL HELP YOU STAY MOTIVATED.
Review and refer to this page from time to time, especially if you are finding it tough.

Why not keep a track of your cholesterol and other health measures. Discuss with your doctor or other health professional and agree one or more realistic targets to aim for and how frequently you should review your measures.

My health measurements

	MY TARGET	1st measures	2nd measures	3rd measures	4th measures
Date:					
Total cholesterol (mmol/L)					
LDL cholesterol (mmol/L)					
Non-HDL cholesterol (mmol/L)					
HDL cholesterol (mmol/L)					
Total cholesterol to HDL ratio					
Triglycerides (mmol/L)					
Weight kg / st lb					
BMI wt kg / ht m ²					
Waist circumference cm / inches					
Blood pressure mmHg					

For more helpful tips, information and recipes on how you can lower your cholesterol visit www.heartuk.org.uk/uclp

Top tips for diet and lifestyle change

- Have a plan: decide on long and short term goals and write them down
 - Celebrate your successes
- Only change one or two things at a time
 - Ask friends and family for support
- Don't give up if you have a bad day, learn from it
 - Keep a daily food and activity diary