

Exercise Planner

Small Changes make a Big Difference



Being active is a major part of looking after your cholesterol levels and keeping your heart healthy.

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Remember to start slowly & build up!

Aim to be active for 30 mins per day at least 5 times a week

Adults should aim to do at least 2 hr 30 mins of moderate intensity activity or 1 hr 15 mins of intense activity every week

Make exercise part of your routine & form new healthy habits

