

# My cholesterol action plan

## What is cholesterol and why does it matter?

**Have you been diagnosed with high cholesterol and feel unsure where to start?**



Use this action plan to start making simple changes to lower your cholesterol and live a heart-healthy life. It all begins with creating a plan that is easy to follow and makes sense for you and your circumstances.

Forming new habits can take time, so you don't need to rush. Begin with small, easy steps over the next three to six months and build on them gradually.

Need support? You can work through this plan with a member of your healthcare team (doctor, nurse or pharmacist).

## Let's get started

- 1 Select the change you want to start with**
- 2 Decide what this change will look like for you**
- 3 Create a plan for change**

Things to consider:

- Do I know enough to get started? Where can I find more information to help me with my changes?
- When will I start this change?
- How often (what day and time) will I do this each week?
- Do I need to buy anything to help me make this change?
- What is hard about starting and keeping up these changes? How can I tackle these to set myself up for success?

## Your why

Knowing your values and how they fit with your health goals can help you find purpose and make lasting change. Think about your values and what is important to you. How do they affect why you want to make these changes?

My values	My why
 Family	
 Staying independent and mobile	
 Personal achievement	
 Mental health and wellbeing	
 Other:	

As well as building healthy habits, it's important to:



Understand more about high cholesterol: What it is, what causes it and how to improve your cholesterol levels.



**Take your cholesterol medicines** as directed (if prescribed by your doctor)



Visit your doctor regularly to check your cholesterol levels and receive support with your health changes.



Talk to your doctor (GP) about having a **Heart Health Check** to further understand your risk of developing heart disease.

**My next Heart Health Check:** \_\_\_\_\_

# My plan for change



## Follow a heart-healthy eating pattern

### 1 Select the change you want to start with:

Follow a **heart-healthy eating** pattern

Speak to my doctor about seeing a Dietitian

### 2 Decide what this change will look like for you: (Select one to three)

Choosing heart-healthy fats and spreads

*e.g. olive, canola, and sunflower oil, avocado, nuts and seeds, and spreads made from these ingredients*

Choosing reduced fat dairy options

*e.g. reduced fat unflavoured milk, yoghurt, and cheese*

Including vegetables in every meal and choosing fruit and vegetables as snacks

Including a variety of healthy protein sources

*e.g. fish and seafood, legumes (beans and lentils), nuts and seeds, poultry, and lean red meat (limited to 1-3 times a week)*

Choosing wholegrain bread, pasta, rice and high fibre cereals

Choosing healthier cooking methods

*e.g. grilling, baking, steaming, or air frying*

Removing visible fat from meat and skin from poultry before cooking

Speak to my doctor about a referral to a Dietitian

Other: \_\_\_\_\_

### 3 My plan for change:

# My plan for change



## Stay physically active

### 1 Select the change you want to start with: (Select one)

Start with 30 minutes of moderate intensity **physical activity**:

Twice a week

Three times a week

Four or more times a week

### 2 Decide what this change will look like for you: (Select one to three)

Walking

Lap or ocean swimming

Bike riding

Join a gym or an exercise class

Other: \_\_\_\_\_

*Aim to gradually build up to 2.5 to 5 hours of moderate intensity physical activity per week.*

Do **resistance training** twice a week

Adding bodyweight exercises to my routine  
*e.g. squats, lunges, modified push ups*

Adding resistance bands/light weights to my exercises

Aqua aerobics

Pilates

Other: \_\_\_\_\_

Increase **incidental exercise**

Parking further away from the shops

Hanging laundry on the washing line

Walking or bike riding short distances instead of driving

Getting off the train/bus one stop earlier and walking

Taking the stairs when possible

Pairing talking with walking  
*e.g. meetings, phone calls, catch ups*

Other: \_\_\_\_\_

### 3 My plan for change:

# My plan for change



## Quit smoking and/or vaping

**1** Select the change you want to start with:

Quit smoking

Quit vaping

**2** Decide what this change will look like for you:  
(Select one to three)

Speaking to my GP or pharmacist about ways to quit, including smoking cessation tools

Seeking support from [Quit](#) or [iCanQuit](#)

Seeking support from family and friends

Other: \_\_\_\_\_

**3** My plan for change:



## Other

**1** Select the change you want to start with:

**2** Decide what this change will look like for you:  
(Select one to three)

**3** My plan for change:

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