

LIFESTYLE MEDICINE

6 WAYS TO TAKE CONTROL OF YOUR HEALTH

Lifestyle Medicine is an evidence-based approach to treating and reversing disease by replacing unhealthy behaviors with positive ones.

www.lifestylemedicine.org

1

NUTRITION

Food is Medicine. Choose predominantly whole, plant-based foods that are rich in fiber and nutrient dense. Vegetables, fruit, beans, lentils, whole grains, nuts and seeds.

2

EXERCISE

Regular and consistent physical activity that can be maintained on a daily basis throughout life - walking, gardening, push ups and lunges - is an essential piece of the optimal health equation.

3

STRESS

Stress can lead to improved health and productivity - or it can lead to anxiety, depression, obesity, immune dysfunction and more. Helping patients recognize negative stress responses, identify coping mechanisms and reduction techniques leads to improved wellbeing.

4

SUBSTANCE ABUSE

The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease. Positive behaviors that improve health include cessation of tobacco use and limiting the intake of alcohol.

5

SLEEP

Lack of, or poor quality sleep can lead to a strained immune system. Identify dietary, environmental, and coping behaviors to improve sleep health.

6

RELATIONSHIPS

Social connectedness is essential to emotional resiliency. Studies show that isolation is associated with increased mortality. Considering a patients home and community environment improves overall health.



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Lifestyle Medicine