

GENERAL LIFESTYLE TIPS



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.



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.



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.



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.



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



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

Adapted from: American College of Lifestyle Medicine 6 Ways to Take Control of Your Health. Lifestylemedicine.org