



# Healthy Living Series

## LIFESTYLE MEDICINE

Did you know that there are many lifestyle modifications you can make to treat and often reverse many chronic diseases? Try some of these evidence-based “lifestyle medicine” interventions to help improve your physical and mental health.



### Nutrition

- Eat more whole foods (less processed foods).
- Incorporate more fruits, vegetables, whole grains, legumes, nuts, and seeds into your diet (rich in fiber, nutrients, and antioxidants).



### Physical Activity

- Aim for at least 150 minutes of physical activity each week (20-30 mins/day).
- Our favorite is walking, but any activity counts! Bike, swim, garden, etc.



### Stress Management

- Find healthy ways to relax, and make time for activities you enjoy.
- Practice mindfulness, meditation, or prayer.
- Write in a journal.
- Set SMART goals.



### Avoid Risky Substances

- Quit smoking/tobacco.
- Avoid or reduce alcohol: <2 drinks/day for men <1 drink/day for women
- Seek counseling and/or medication if needed.



### Sleep

- Adults should aim for 7-9 hours each night.
- Establish a regular sleep schedule and routine.
- Avoid TV/phone light and alcohol/caffeine before bed.



### Social Connection

- Relationships are important for physical, mental, and emotional health.
- Spend time with loved ones or give them a call to catch up.
- Find local volunteer opportunities.
- Join clubs/groups or attend local events (like Walk with a Doc!)
- Be mindful of social media use.



### Nature

- While it's not an official pillar of lifestyle medicine, research suggests that spending time in nature can improve both your physical and mental health.
- Aim for 120 minutes of time outdoors each week.