

## First Steps to HEALTH RESTORATION





Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the

treatment and reversal of chronic disease.

**Distance** 

yourself from stressful

situations

Avoid isolation

from friends and family

Decrease meat, processed and

fast foods and

refined sugar

Spend less

time sitting

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Choose fiber-filled, nutrient-dense whole plant foods to fill half to 3/4 of your plate



Build more activity into your daily life, such as parking farther away or always taking the stairs



Spend time with those who lift your spirits and help others when you feel down

Being mindful of your food choices, managing your stress, being physically active, avoiding risky substance use, getting plenty of sleep and having a strong emotional support system in your life — are "just what the doctor ordered" to powerfully prevent, treat, and, often, even reverse chronic disease.

Take time. Breathe - Try meditation, yoga, and spending time in nature



time at least 90

min. before

bedtime

Reduce or

smoking, vaping,

and alcohol

Develop an evening routine to relax. Aim for 7 to 9 hours of sleep per night



Substitute other relaxing activities and talk to your physician if you need help

## **ADDITIONAL TIPS**

- Drink water to guench thirst.
- Choose a fitness activity you enjoy, such as walking, moving in water or biking. Build up slowly, with a goal of at least 30 min. 5 days/week.
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.

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