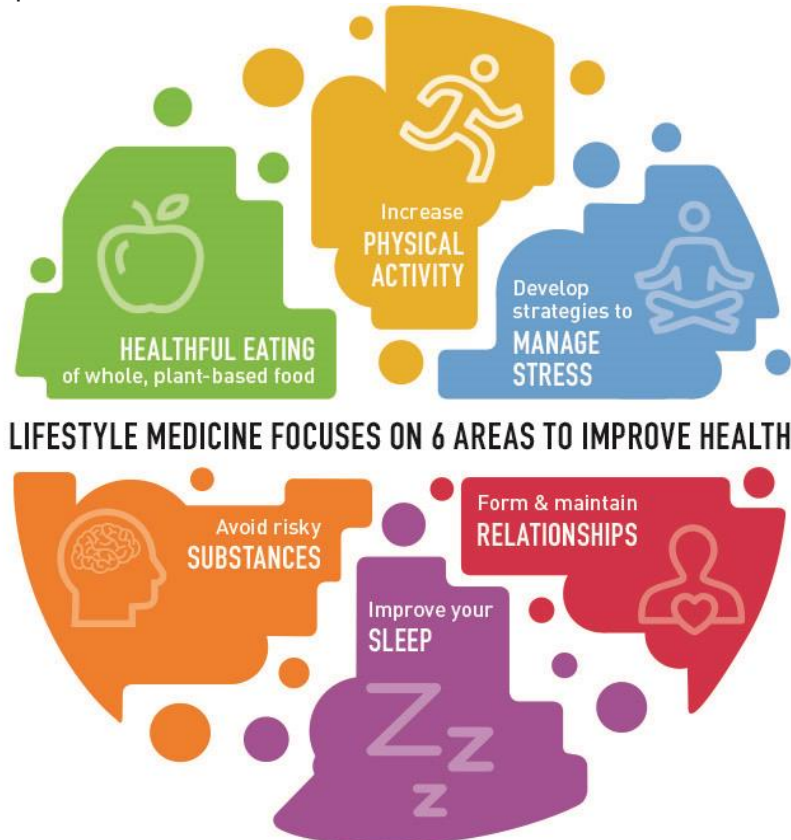


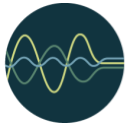
Lifestyle Medicine

Handout for the 10-week course: 6 pillars for daily habits to reduce inflammation, improve health

Our daily habits create conditions of good health or dysfunction at the physical, mental, and emotional levels. For millennia, smart caring people in many countries discovered and developed ways to live that enabled long-term good health and happiness in individuals and communities. This is now called Lifestyle Medicine.

There are 6 pillars of habits that help balance nervous system stimulation & improve our connections ('feeling good') and reduce inflammation & prevent chronic diseases / disorders ('feeling bad'). This 10-week course shares science-based information on habits for: supportive relationships, restorative sleep, stress management, regular physical activity, proper nutrition/hydration, and avoiding toxicants & treating known health risks. We also share what is involved with coaching behavior changes - in yourself or others - and how to improve motivation to change personal habits. These approaches apply in both our work and personal lives.

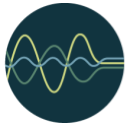




Summary of 'good habits' for lifestyle medicine:

1. Find, develop, and maintain nurturing positive social connections.
 - Belonging in a supportive community is foundational for lifestyle medicine. People are 'pack animals', tribes; isolation hurts us.
2. Restorative sleep. Global recommendations for adults (18-64 years old) is to sleep 7-9 hours/day.
3. Proper nutrition and hydration
 - Eat a plant-based diet. See: *myplate.gov*, *D.A.S.H.*, *W.H.O recommendations*
 - 8-12 C or 2-3 L water daily
4. Regular physical activity
 - Stand up, move for 5+ min every hour – *circulation of lymph*
 - Exercise daily, even a little.
 - Exercising 2.5 hours/week enables function. 5 hours/week is the global recommendation for good health, and 8+ hours/week is needed to be fit. Check with your doctor when beginning a new regime; 'work up to it' so you're not injured.
 - *Include cardiovascular, strength, flexibility, balance practices*
 - Go outside for 15+ min daily – our *nervous system & biochemistry is influenced by sunlight, fresh air, greenery / nature*
5. Limit use of intoxicants (e.g., alcohol, social media...), Avoid risky substances (e.g., drugs), and Treat health risks and addiction.
6. Manage your stress, become more resilient
 - Practice deep diaphragmatic (belly) breathing; long exhales calm us
 - Meditate – be still and silent (sit, stand, lay)
 - Recognize & reduce your own cognitive distortions
 - Improve emotional awareness

This course is developed by Annie Weisbrod, Ph.D. Toxicologist, Environmental Scientist, ACE Health Coach and Fitness Trainer, advanced yoga and meditation teacher, and master healer. For almost 3 decades, Annie has taught thousands of people through corporate and public classes in various fitness modalities, meditation, stress resiliency, listening, compassionate communication, and coaching behavior change.



Weekly topics in the course

1. Breathing
2. Listening
3. Positive Psychology: Self-reflection and Gratitude
4. Nonviolent/compassionate communication: Self-reflection and When conflict arises
5. Stimulating the parasympathetic nervous system – Vagus Nerve
6. Sleep trivia, hygiene, visualization and other tips
7. Nutrition and hydration trivia, science vs marketing
8. Movement – recommendations, types, nature, coaching behavior change
9. Toxic Substances – dose/response, relative risk, coping vs addiction
10. Being human, Mental Health First Aide

For more information, I can suggest reading these references:

- Rippe (2018). Lifestyle Medicine: The Health Promoting Power of Daily Habits and Practices. *Am J Lifestyle Med.* 2018 Nov-Dec; 12(6): 499–512.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6367881/>
- Bodai et al (2018) Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival. *Perm J.* 2018; 22: 17-025.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5638636/>
- There is a whole journal devoted to this field:
<https://journals.sagepub.com/home/ajl>