

TRANSFORM

LIFESTYLE MEDICINE ALLIANCE

Commit to the Challenge

July 9th – August 5th 2020

Objectives

- Welcome
- Transform Introduction
- Commit to the Challenge

Please remember: The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of *your* physician or other qualified health provider with any questions you may have regarding a medical condition.

Transform Team

The Transform Lifestyle Medicine Alliance consists of a group of professionals who follow a holistic health approach to empower communities and individuals in making sustainable lifestyle changes. Rooted in plant-based nutrition and a healthy lifestyle, our mission is to guide you in the process of transformation toward healthful sustainable living for you, your loved ones, your community and our environment.



Transform – Meet our team



Bryanne Robson, MD



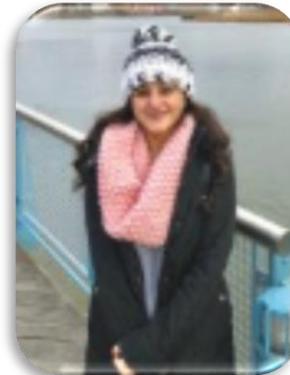
Karen Smith, RD



Vicki McGhee



Steve Bowman



Sophia Crisomia



Isabella Hsiao

- To learn more about our team click [here](#)

What will be asked of you?

- Consume a mostly or entirely whole-food plant-based diet
- Sleep a minimum of 7-8 hours daily
- Be physically active for a minimum of 30 minutes daily.
- Manage stressors and improve stress response.
- Strengthen your relationships through daily work.
- Be free of alcohol, tobacco and drugs (Note: Prescription drugs do not need to be stopped, unless necessary due to health improvements)
- Attend and participate in weekly group education/support sessions (5 weekdays throughout challenge)

Eat Smarter

- Whole, plant-based foods are rich in fiber and nutrients. So eat more vegetables, fruit, beans and lentils, whole grains, nuts and seeds— and little to no animal products or highly processed foods (e.g., the packaged snacks and sugary drinks).
- Eat foods that add value to you and your health
- For more information click [here](#).



Move More

- Whether it's a vigorous workout before or after work, a brisk mid-day walk, or some weekend gardening, daily physical activity has been shown to be more effective than medication in the treatment of heart disease and other diseases—with very few negative side effects.
- For more information click [here](#).



Sleep More Soundly

- Insomnia and poor-quality sleep weaken the immune system, lessen willpower, dilute focus, and depress performance.
- Addressing stress and the dietary and environmental causes of poor sleep— and identifying coping behaviors—will make nights more restful and days more productive. Aim for 7-9 hours daily to maximize your rest.
- For more information click [here](#).



Manage Stress Better

- Life's pressures can cause anxiety, depression, obesity, immune dysfunction, and more. At work, that list includes loss of focus, corner cutting, and diminished creativity.
- Recognize negative responses to stress and identify healthy ways to cope improves well-being.
Minimizing stressors — e.g., by using email blackout windows— does the same.
- For more information click [here](#).



Cultivate Relationships

- Studies show a direct tie between social isolation and poor health. More and stronger interpersonal connections—at work, at home, in the community—bolster emotional and physical welfare for all concerned.
- Focus on the relationships that matter most.
- For more information click [here](#).



Avoid Risky Substances

- This is a textbook example of addition by subtraction. Stopping smoking and minimizing alcohol consumption significantly lowers the likelihood of developing heart disease and many cancers.
- If you can't give something up for a few weeks, you may be addicted.
- For more information click [here](#).



What can be expected?

- Improve overall health-perception (i.e. energy, feeling, thinking)
- Reduce resting blood pressure, heart rate and fasting blood glucose
- Reduce body weight , body mass index (BMI) and waist-to-hip ratio
- Reduce total cholesterol, low density lipoprotein (LDL) cholesterol
- Reduce pharmaceutical medication needs (i.e. diabetes, blood pressure and cholesterol medications)
- Improve energy and overall feeling
- Many more benefits...

Commit to Transform!

Use John Maxwell's Power of 5:

Know your priority

e.g. Cut down a tree

1. You have to get and use the right tools

e.g. Find an axe

2. You have to take action

e.g. Swing the axe five times daily

3. You have to stay focused

e.g. Swing axe at the same spot

4. You have to stay consistent

e.g. Swing the axe daily

5. You have to stay with it

e.g. Stay with it until tree falls

Right actions with the right priorities = incredible results!