

# HOW TO AVOID THE DOCTORS OFFICE

## WHY

## HOW

SLEEP IS NEEDED TO RECHARGE YOUR MIND BODY AND SOUL.. IT ALSO IS A KEY FUNCTION IN FIGHTING OFF DISEASES

**Sleep**

- 7 TO 9 HOURS OF SLEEP
- RESERVE THE BED FOR SLEEP ONLY
- AVOID LIGHTING AT NIGHT
- HAVE A CONSISTENT SLEEP SCHEDULE

A HEALTHY DIET IS NECESSARY BECAUSE IT PROTECTS YOU FROM MANY CHRONIC DISEASES LIKE DIABETES OR HEART DISEASE

**EAT SMARTER**

- MAKE SURE YOUR PLATE IS DIVERSE IN ALL FOOD GROUPS. A HEALTHY PLATGE CONSISTS OF LEGUMES, FRUITS, GRAINS , AND VEGETABLES

NOT ONLY DOES EXERCISING HELP WITH MUSCLE STRENGTH AND ENDURANCE, BUT IT ALSO HELPS YOUR IMMUNE SYSTEM TO FIGHT OFF CHRONIC DISEASES

**MOVE MORE**

- TRY GETTING ON A REGULAR WORKOUT SCHEDULE (EX. WORKING OUT 4 DAYS A WEEK)
- IT DOESN'T NEED TO BE A HARD WOURKOUT, BUT ATLEAST GO FOR A WALK,

THE ULTIMATE GOAL IS TO HAVE A BALANCE BETWEEN WORK AND LIFE. MANAGING STRESS IS ONE OF THE KEY WAYS TO DO THAT

**MANAGE STRESS**

- EXERCISE DAILY TO REDUCE STRESS
- EAT NUTRITIONAL MEALS
- MEDITATE AND WORK ON BREATHING
- MAP OUT YOUR SCHEDULE TO STAY ORGANIZED

AVOIDING RISKY SUBSTANCES ARE KEY TO A HEALTHY LIFESTYLE. RISKY SUBSTANCES CAN LEAD TO ADDICTION, HEART DISEASE, LUNG DISEASE, ETC.

**AVOID RISKY SUBSTANCES**

- TALK TO A PROFESSIONAL
- EXERCISE INSTEAD
- LIMIT YOUR ALCOHOL CONSUMPTION
- AVOID PEERS WHO PARTAKE IN RISKY SUBSTANCES

RELATIONSHIPS ARE REALLY IMPORTANT FOR YOUR OVERALL HEALTH ESPECIALLY YOUR MENTAL HEALTH. HAVING NEGATIVE RELATIONSHIPS CAN LEAD TO EXCESSIVE STRESS AND ANXIETY

**CULTIVATE RELATIONSHIPS**

- TAKE CARE OF YOU AND YOUR NEED
- HAVE REALISTIC EXPECTATIONS
- HAVE HEALTHY CONVERSATIONS

According to ACLM 75%-85% of all healthcare needs/costs are preventable through healthy lifestyles (the 6 core lifestyle medicine areas)

## When you do need medical care

Understand your current health challenge

Is it preventable ?

Do your own research



**TRANSFORM**  
LIFESTYLE MEDICINE ALLIANCE

