

What Is Lifestyle Medicine?

Lifestyle medicine, also known as preventative medicine, uses lifestyle behaviors to help treat and prevent chronic disease. Lifestyle medicine is ultimately the cornerstone of health and well-being! It can help you adopt and sustain healthy behaviors to enhance and improve your overall quality of life.

Lifestyle medicine involves the use of evidence-based lifestyle therapeutic approaches –such as a predominantly whole-food and plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use and other non-drug modalities – to prevent, treat and oftentimes reverse the lifestyle-related, chronic diseases that are all-too prevalent.

Lifestyle medicine can help prevent and reduce the impact of chronic diseases such as cancer, diabetes and heart disease. It can increase your energy level, reduce stress, improve your sleep quality, and increase your life expectancy.

So what does lifestyle medicine involve? Here are five steps to work toward:

1. Adopting a mostly whole-food, plant-based diet
2. Increasing your physical activity
3. Getting enough sleep
4. Managing stress and emotional wellness
5. Reducing how much alcohol you drink and stopping tobacco use



Here's why this is so important. About 40% of Americans have one or more chronic diseases, and nearly 70% of all American adults are overweight or obese, which increases the risk of heart attack, stroke, diabetes and cancer.

Through lifestyle interventions, however, experts believe as much as 80% of heart disease and stroke, 80% of type 2 diabetes and 40% of cancer can be prevented.

So don't wait! Some simple lifestyle changes you can make right now to protect your health are:

- Eating a healthy diet (lots of fruits, vegetables, beans, whole grains, nuts, seeds and limited amounts of meat)
- Exercising at least 3½ hours per week
- Maintaining a healthy weight
- Not smoking

An enormous body of evidence has shown the importance of these lifestyle interventions. As a result of this growing evidence, national medical guidelines emphasize lifestyle medicine as an important part of both prevention and treatment.



Synergy Private Health