

LIFESTYLE MEDICINE WEEK 2022

May 29 - June 4

Join the Department of Lifestyle Health Sciences in this week of celebrating healthy behaviors and raising awareness for the impact our choices can have on chronic disease.

Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections— provides effective prevention for many chronic conditions.

This week, apply one positive lifestyle change from each pillar and complete the checklist on the next page for a chance to win the grand prize gift bag! Email the checked off pdf to Alexandra.Garcia@unthsc.edu.

Whole-food, plant-predominant eating pattern

- Try a WFPB swap
 - Carrots for pretzel sticks
 - Orange slices for orange juice
 - Serving of beans for a hard-boiled egg
 - Oat milk for cows milk
 - A handful of walnuts for chicken breast

Physical activity

- Try a new activity you might like
 - Walking
 - Running
 - Cycling
 - Swimming

Stress management

- Connect with others
- Get involved in activities
- Find a healthy way to relax
- Keep a gratitude journal
- Make time to laugh

Restorative Sleep

- Before bed, avoid:
 - Too much food or drink
 - Blue light from electronics
 - Caffeine or alcohol
 - Engaging in things that cause stress
 - Loud noises and sound

Avoid risky substances

- Practice patience and be present
- Try a deep breathing exercise
- Call a loved one if feeling overwhelmed
- Listen to your favorite music

Positive social connections

- Volunteer
- Go to a local event
- Help organize an event
- Attend a community celebration

LIFESTYLE MEDICINE WEEK 2022

May 29 - June 4

Join the Department of Lifestyle Health Sciences in this week of celebrating healthy behaviors and raising awareness for the impact our choices can have on chronic disease.

- Check out [this episode of HSC Talks](#) highlighting our Master of Science in Lifestyle Health Sciences and Coaching degree.
- Visit lmweek.org to access resources from the American College of Lifestyle Medicine.
- Learn more on [our website](#) about our one-year, online program.
- Hear more in [this webinar](#) from Dr. Teresa Wagner on following a plant-based diet.
- Find out more from Dr. Misti Zabloski on the importance of lifestyle medicine through [this webinar](#).
- Bonus entry | Register for an [informational session](#) with admissions to hear more about joining the 2023 cohort of MSLS students.

Complete all of the tasks and email the checked off pdf to Alexandra.Garcia@unthsc.edu for a chance to win the grand prize gift bag!



School of
Health Professions