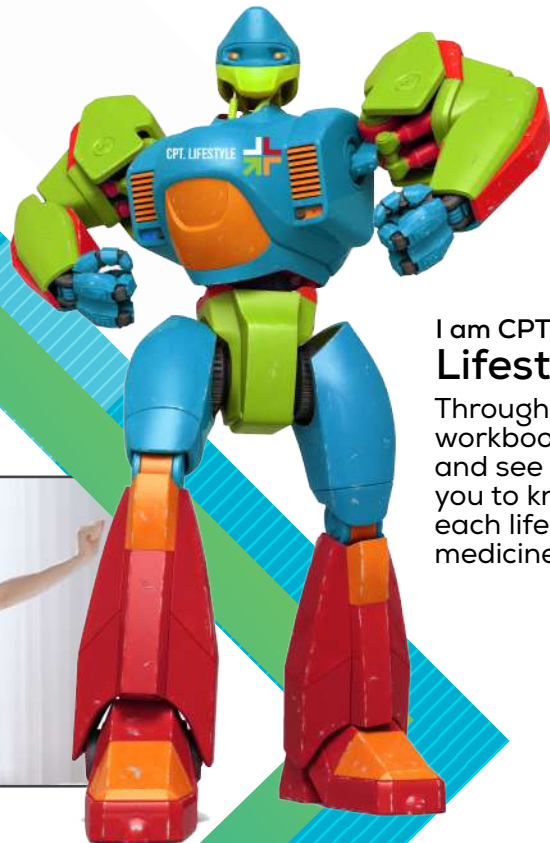




TRANSFORM
LIFESTYLE MEDICINE ALLIANCE



Lifestyle Change Workbook



I am CPT.
Lifestyle!

Throughout this workbook find me and see what I want you to know about each lifestyle medicine domain.

Empowering individuals to live healthier lives
while providing opportunities for
students to learn, grow, and thrive.

When you are ready to Transform, we are here to help:

www.transformlm.org



Transformation is possible

We, the **Transform Lifestyle Medicine Alliance** are an organization of student leaders who follow a holistic health approach to empower communities and individuals in making sustainable lifestyle changes. Founded by lifestyle medicine advocate Steve Bowman, our mission is to empower individuals to live healthier lives while providing opportunities for students to learn, grow, and thrive. Our alliance offerings include complementary access to our app, blogs, challenges, podcast episodes, presentations, videos and much more. Transform today at www.transformlm.org



Messages from the Transformers

"I enjoy being a Transformer because it allows me to give a helping hand to individuals who want to follow a holistic health approach. I believe Lifestyle Medicine is essential because it focuses more on health prevention rather than treatment of diseases which can benefit individuals in the long term..."

"During my time interning with Transform, I have learned more than just better understanding health and health education; but have learned more about myself as an individual. I am pleased to say that I think Transform has changed my health and life in general for the better and I am so excited for Transform to change yours as well!"

"I am very grateful for my experience with Transform! I have learned so much about myself and about lifestyle medicine as well. I am even looking to be certified as a Lifestyle Medicine practitioner because I have been so inspired through my internship experience..."

"Transform gives you a little bit of everything. We focus on certain areas, but overall we are here to support and educate on total well-being."

"Transform has taught me so much about what I can do to better my health. It has not only made me understand why I should make changes to my lifestyle, but makes me excited to. Once you want to get healthier, all of the hard work you are doing will be so much more enjoyable!"

"Interning at Transform has also been an opportunity to not only educate others, but to educate and better myself. Lifestyle medicine is important because many don't realize that all of the six categories of health are intertwined; when you do poorly in one, it impacts the others. That's where Transform comes in! We are here to teach you fun and creative ways to improve your health."

"I enjoy being a transformer because it has given me the little push I needed to try out plant-based eating. I have also learned so much about lifestyle medicine and am continuing to educate myself to work on my own health and well-being which I love. Lifestyle medicine matters to me because it looks at a person holistically and is mainly on the preventive side of care."

"I love being a Transformer because I am continuously learning about ways I can increase the healthy behaviors in my life and the lives of those around me. Lifestyle medicine has taught me that, in order to maintain a healthy, disease free life, we need to address all the domains of health."



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Lifestyle Medicine

Lifestyle Medicine is following a healthy lifestyle to prevent, treat and possible even reverse chronic diseases. There are six main domains of Lifestyle Medicine, which include, Eat Smarter, Move More, Sleep More Soundly, Manage Stress Better, Cultivate Relationships, and Avoid Risky Substances.

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 many employers provide “at no cost” to workers).



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.



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.



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. Helping employees recognize negative responses to stress and identify healthy ways to cope improves well-being. Minimizing stressors at work–e.g., by using email blackout windows–does the same.



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.



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.



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Eat Smarter

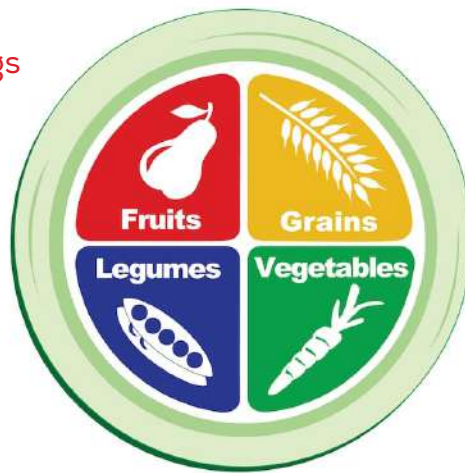
There are so many benefits to eating smarter for your health and many other factors. Putting healthful foods into you body lowers the risk for developing and prolonging diseases like Alzheimer's, Heart Disease, Type 2 diabetes and more. It can also decrease the need for medications, as well as, lower cholesterol and blood pressure, all while being beneficial to the environment.



4+ servings per day

The Power Plate

3+ servings per day



6+ servings per day

5+ servings per day

Common Misconceptions and Questions Answered

Q: "Where can I get my protein from if I don't eat meat?"

A: There are so many different places you can get protein from without eating animal products! For example, try tofu, various nuts, legumes, and beans!

Q: "What about calcium?"

A: Just like protein, you don't have to get calcium from animal milk. Leafy greens and milk substitutes like almond milk have a substantial amount of calcium!

Q: "Do I need to cook with oil?"

A: Contrary to popular belief, you actually do not have to cook with oil. Some popular alternatives include water or vegetable broth to sauté and applesauce or mashed beans in baking.

Misconception: People only choose to eat plant-based because they are animal-lovers and anti-meat industry. While the environmental factors may be the reason to switch to a plant-based lifestyle for some, lots of people change their lifestyle for the health benefits that are associated with it.

CPT. Lifestyle Says.
Choose predominantly whole, plant-based foods that are fiber-filled, nutrient dense, health promoting and disease-fighting



When you are ready to Transform, we are here to help:



Eat Smarter

Shopping for smarter eating is actually pretty easy and even some of people’s favorite foods are plant-based and they haven’t even noticed! You should remember to shop for a balanced diet, so add vegetables, fruits, whole grains, and good sources of protein. Here is a basic list to get you started:

Fruits:



- Berries
- Bananas
- Citrus Fruits
- Avocados
- Apples

Vegetables:



- Leafy Greens
(spinach, kale, swiss chard)
- Broccoli or Cauliflower
- Mushrooms
- Asparagus

Grains:



- Quinoa
(doubles as a protein!)
- Oatmeal
- Brown Rice
- Whole Grain Breads and Pastas
- Barley

Legumes:



- Beans
(black beans, kidney beans, chickpeas, frozen lima beans and black-eyed peas)
- Peas and Lentils
- Tofu, Edamame

**Additional healthful foods:
Nuts and seeds**

My S.M.A.R.T. Goal (Specific, Measureable, Action-Oriented, Realistic, Time-Oriented) for Eating Smarter:

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Move More

Moving more can be just about any type of physical activity that you enjoy from running to swimming to yoga. Make sure that the activities you choose are appropriate for your skill level because you are doing this for you, not anyone else! Physical activity has tons of benefits including losing weight, increasing flexibility, gaining muscle, managing blood pressure, glucose levels, and cholesterol, and even improving your mental health,

How much exercise do I need?

Children (3-5)	throughout the day
Children (6-17)	60 minutes per day
Adults (18-64)	150 minutes per week, moderate intensity
Older Adults (65+)	150 minutes per week, moderate intensity

What are the 5 Areas of Physical Fitness:?

Body Composition: describes the relative proportions of fat and lean tissues in the body

Aerobic Fitness: any exercise that requires oxygen to make energy for prolonged activity

Muscular Strength: refers to the amount of force a muscle or group of muscles can generate in one contraction

Muscular Endurance: a muscle's ability to exert force repeatedly without fatiguing, or the ability to sustain a muscular contraction for a length of time

Flexibility: the range of motion at a particular joint or series of joints



CPT. Lifestyle Says.
Regular and consistent physical activity is an essential piece of an optimal health equation



When you are ready to Transform, we are here to help:



Move More

A good way to determine if you are getting enough exercise is to use a tracker. Use the chart and information below to make a personalized workout plan.



DAY	WORKOUT
SUNDAY	
MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	

My favorite workouts were:

How did I feel after exercise?

My S.M.A.R.T. Goal (Specific, Measureable, Action-Oriented, Realistic, Time-Oriented) for Moving More:

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Sleep More Soundly

Lack of, or poor-quality sleep can lead to a strained immune system. Identify and alter dietary or environmental habits that may hinder healthy sleep.

DISRUPTORS	TIPS
<ul style="list-style-type: none"> • Caffeine and alcohol • Blue light (from electronic screens) • Eating or drinking a lot before bed • Lack of exposure to daylight • Physical inactivity 	<ul style="list-style-type: none"> • Create a regular sleep schedule (use the next page!) • Don't use blue light emitting devices closer to bed time • Limit disruptors if possible • Stay active throughout the day

LIMIT

INCORPORATE



My Sleeping More Soundly (Specific, Measurable, Action-Oriented, Realistic, Time-Oriented) for Sleeping More Soundly:

CPT. Lifestyle Says.
Lack of, or poor quality sleep can lead to a strained immune system. Identify and alter dietary or environmental habits that may hinder healthy sleep.



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USE A SLEEP DIARY TO LOG YOUR SLEEP AND DETERMINE IF YOU ARE SLEEPING ENOUGH!

What is a sleep diary?

A sleep diary is a log that you can fill out to determine if you are getting enough sleep. It also logs things like your naps, what you ate and did before bed, and your opinion on your quality of sleep.

_____’s Sleep Diary							
DAY	1	2	3	4	5	6	7
I got into bed at...							
I tried to get to sleep at...							
It took me ___ to fall asleep...							
I woke up ___ times during the night. For ___ min or hrs.							
I woke up at...							
I slept for...	hrs	hrs	hrs	hrs	hrs	hrs	hrs
On a scale from 1-10 I would rate my sleep...							
I took ___ naps today. They were ___ min or hrs long.							
Sleep disruptors from today							
How did I feel throughout the day?							



When you are ready to Transform, we are here to help:



Manage Stress Better

Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improved wellbeing.

Even though we all have very busy lives, it's important to take time for self care to help manage stress. Managing stress is necessary to prevent thinning hair, mental illnesses, and compromised immune systems. Managing stress also has future benefits by decreasing the risk of heart attacks and strokes.

What is a stressor?

"Stressors are events or conditions in your surroundings that may trigger stress."

How can I manage stress?

- Regularly engage in self care (go on a walk, try a new hobby, take a nap, do a small declutter)
- Keep a gratitude journal
- Connect with others (check out Cultivate Relationships!)
- Exercise (check out Move More!)
- Disconnect from electronics

Benefits of Managing Stress:

- Getting better sleep
- Managing stress also helps managing weight
- Be happier!
- Be healthier and get less sick

**"IF IT'S IMPORTANT AND CONTROLLABLE, TAKE ACTION.
IF IT'S IMPORTANT BUT UNCONTROLLABLE, ACCEPT AND
POSITIVELY COPE."**



CPT. Lifestyle Says.

Identify both positive and negative stress responses with coping mechanisms and reduction techniques for improve wellbeing.



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Manage Stress Better

Use this chart to identify your stressors (cause of stress) and how you normally react or manage stress. Once completed, consider what healthy stress management opportunities you would like to incorporate to manager your stress better.

My stressors are...	I normally manage my stress by...	A healthy way I can manage my stress is...



My S.M.A.R.T. Goal (Specific, Measureable, Action-Oriented, Realistic, Time-Oriented) for Managing Stress Better:

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Cultivate Relationships

Besides having more social connections, cultivating relationships can also help manage stress and improve heart health such as blood pressure and heart rate.

- Organize an outdoor meetup or a virtual meetup
- Volunteer
- Take a course online or at a community college with some friends
- Take some time out of busy schedules and plan family activities (eating dinner together, go on a hike or a bike ride, have a game night or movie night, etc.)



CPT. Lifestyle Says.
Social connectedness is essential to emotional resiliency and overall health.



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Cultivate Relationships

**USE THE SECTION BELOW TO FIND ACTIVITIES YOU WANT TO DO!
WRITE WHO WOULD ATTEND WITH YOU!**

One outdoor activity I want to do is: _____

One activity I want to do to give back to the community is: _____

One activity I want to attend to learn something is: _____

One activity I want to do with friends or family is: _____

IDENTIFY 3 RELATIONSHIPS AND HOW YOU CAN STRENGTHEN THEM!

Relationship 1: _____

Relationship 2: _____

Relationship 3: _____

My S.M.A.R.T. Goal (Specific, Measureable, Action-Oriented, Realistic, Time-Oriented) for Cultivating Relationships:

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Avoid Risky Substances

Avoiding risky substances can prevent both short term and long term health effects from broken capillaries and slowed reaction time to memory impairment and increased risks for cancer. The most commonly known risky substances are drugs, alcohol, and tobacco but can also include things such as caffeine (as described in the Sleep More Soundly section) and for younger children, cleaning supplies within their reach. To prevent any dangers, keep anything that could possibly be harmful out of reach.



CPT. Lifestyle Says.
The well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.



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Avoid Risky Substances

**NOW MAKE A PLAN TO START AVOIDING THOSE RISKY SUBSTANCES!
LOOK AT THE EXAMPLE BELOW, THEN FILL OUT YOURS!**

EXAMPLE THE RISKY SUBSTANCE(S) I WANT TO AVOID IS alcohol .	
Currently I use the risky substance: 0 time(s) a month, or/ and 5 time(s) a week, or/ and 0-1 time(s) a day. (My goal is to only drink 1 time a week)	
WEEK 1	I will only drink alcohol 4 times a week (Monday, Wednesday, Friday, and Saturday)
WEEK 2	I will only drink alcohol 3 times a week (Wednesday, Friday and Saturday)
WEEK 3	I will only drink alcohol on the weekends (Saturday and Sunday)
WEEK 4	I will only drink alcohol at dinner on Saturdays

THE RISKY SUBSTANCE(S) I WANT TO AVOID IS _____.	
Currently I use the risky substance: _____ time(s) a month, or/ and _____ time(s) a week, or/ and _____ time(s) a day.	
WEEK 1	
WEEK 2	
WEEK 3	
WEEK 4	

My S.M.A.R.T. Goal (Specific, Measureable, Action-Oriented, Realistic, Time-Oriented) for Avoiding Risky Substances:

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"Are you
ready to
Transform?"

Get started today at
www.transformlm.org

Sources and Resources:

[WebMD: 10 Tips to Manage Stress](#)
[Good Housekeeping: 48 Ways to Take Care of Yourself 2021](#)
[Health.gov: Manage Stress](#)
[Mayo Clinic: Stress Management](#)
[Sleep Foundation: Sleep Diary](#)
[Sleep Foundation: Sleep Diary: How and Why You Should Keep One](#)
[CDC: Benefits of Physical Activity](#)
[CDC: Physical Activity Recommendations for Different Age Groups](#)
[ChooseVeg: Everything You Need to Know About the Vegan Food Pyramid](#)
[Nutriciously: The Vegan Food Pyramid: Full Guide to Meeting Your Nutrients](#)
[PCRM Resources](#)

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