

# First Steps to HEALTH RESTORATION

Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the treatment and reversal of chronic disease.



## ADDITIONAL TIPS

- Drink water to quench thirst
- Choose a fitness activity you enjoy, such as walking, moving in water or biking , Build up slowly, with a goal of at least 30 min. 5 days/week
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.