

Journey to Health and Wellness

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Disclosure

Speaker has no disclosures or financial affiliations

Learning Objectives

1

Define health vs wellness

2

Classify areas of lifestyle that impact wellness

3

Demonstrate steps that can be implemented in each category to promote wellness

4

Describe the impact of lifestyle on disease states

5

Summarize how the 5 pillars of wellness intersect

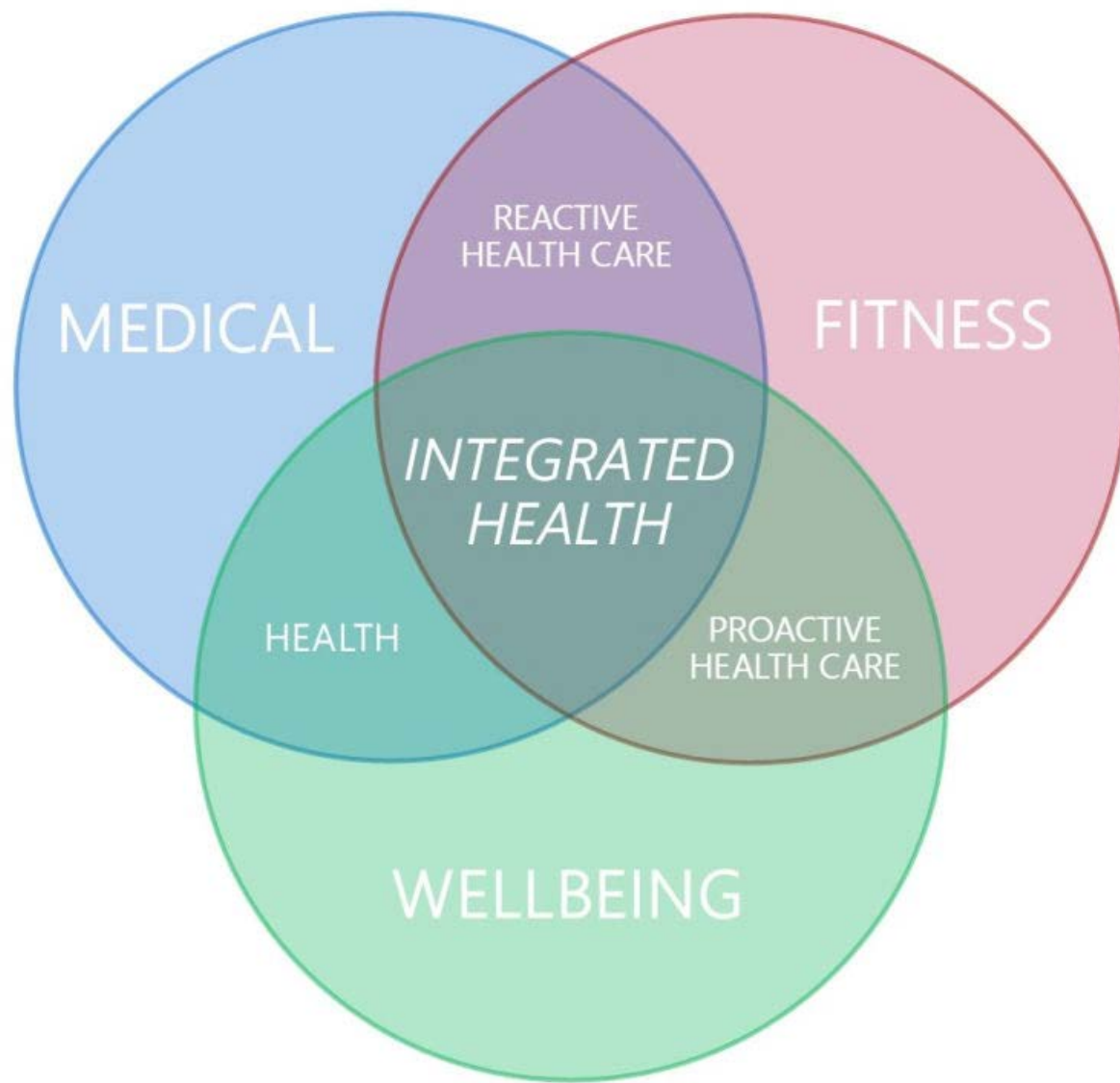
Health

Freedom from illness and disease

Wellness

Quality of life
Sense of well-being

Freedom from debilitation condition



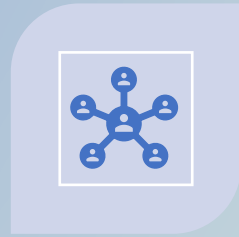
Components of Lifestyle Medicine



EXERCISE



SLEEP



SOCIAL
CONNECTION



STRESS
MANAGEMENT



NUTRITION

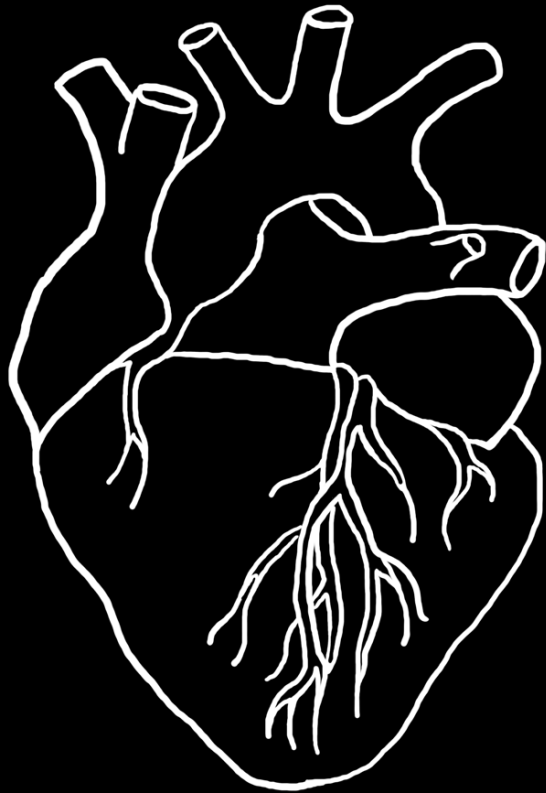


Systems Based Benefits of Exercise

Cardiovascular Health

Prevention of Cardiovascular Diseases

- Improves heart function
- Lowers blood pressure
- Improves lipid levels



Metabolic Health

Prevention of Type 2 Diabetes

- improves insulin sensitivity
- weight management
- Metabolic syndrome





Bone Health

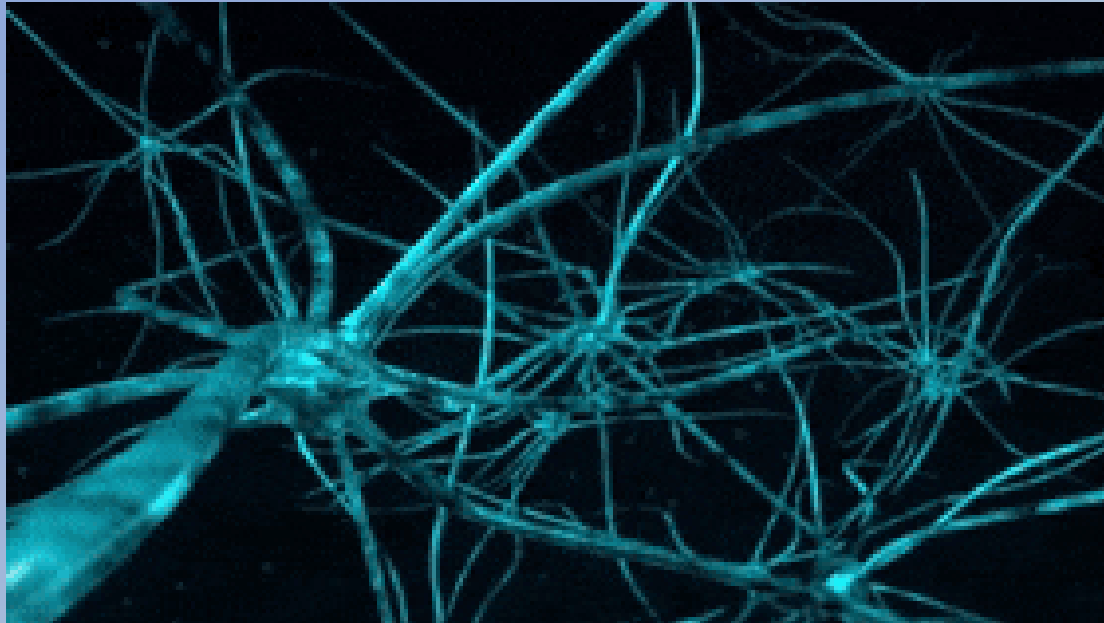
Prevention of Osteoporosis

- Increased bone density
- Improved balance and coordination

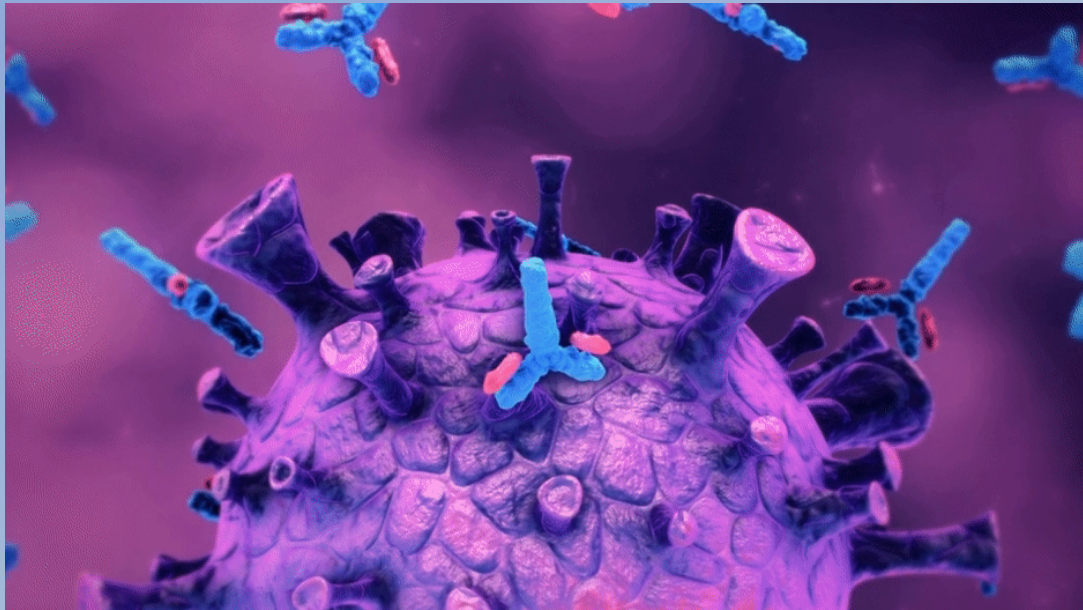
Mental Health

Reduction of Depression and Anxiety

- Releases endorphins
- Improves sleep
- Improves mood



Immune Function



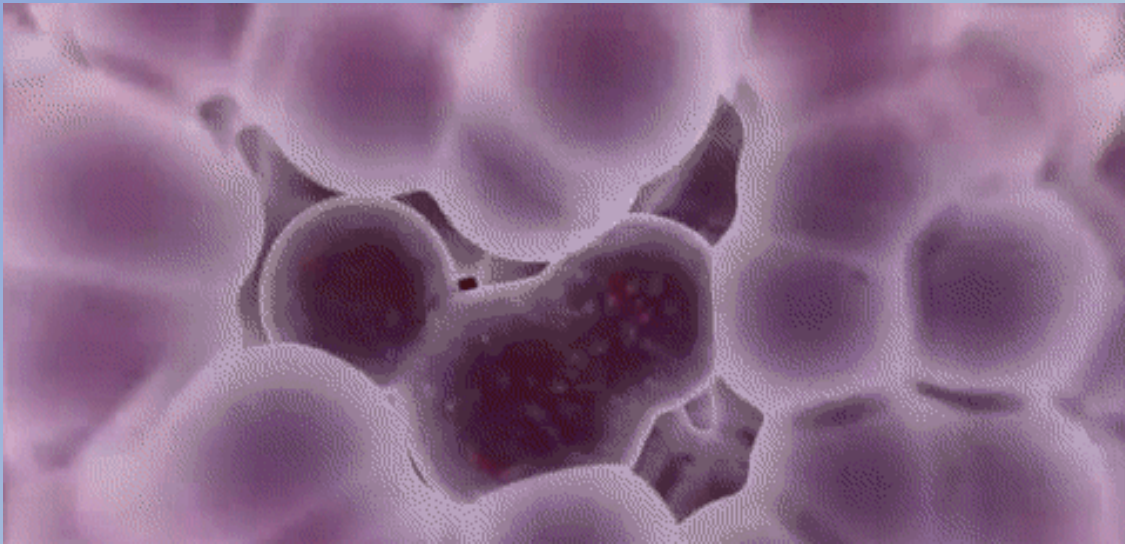
Boosted Immune System

- promotes circulation of immune cells
- Reduces inflammation
- also reduces chronic inflammation

Cancer Prevention

Hormone regulation

- helps regulate estrogen and insulin
- weight management



How Exercise Affects the Body as a Whole

- Increased blood flow
- Muscle strength and endurance
- Energy balance (weight)
- Stress reduction



Aerobic (Cardio)

1) Frequency

- 150 min of moderate intensity activity or 75 min of vigorous intensity per week

2) Intensity

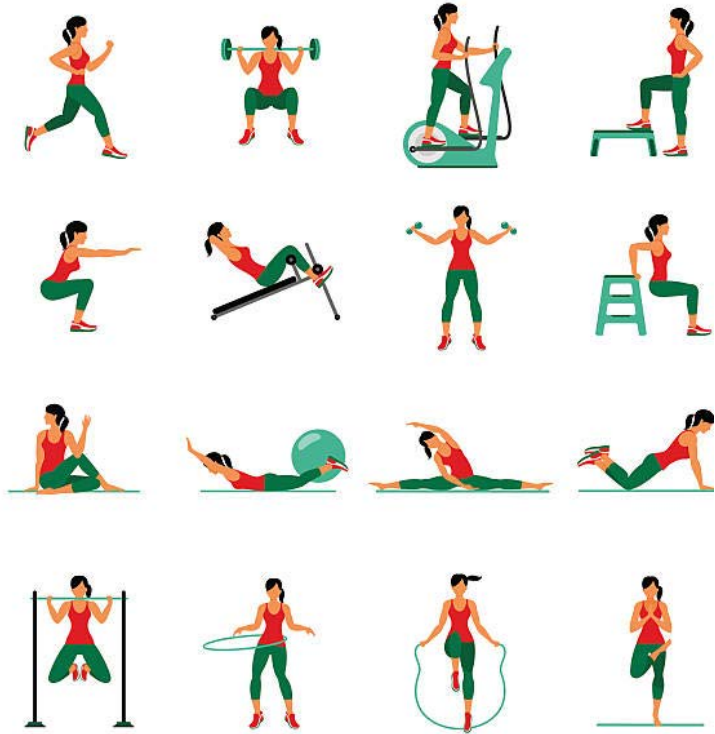
- moderate intensity = activities that increase HR but still allow you to carry out conversation
- vigorous intensity = activities that increase HR and breathing and make conversation difficult

3) Duration

- at least 30 min per session (can be broken down)

4) Types of Activities

- walking, running, swimming, dancing, group fitness



Resistance Training

1) Frequency

- Muscle strengthens activities on 2 or more days a week (muscle groups)

2) Intensity

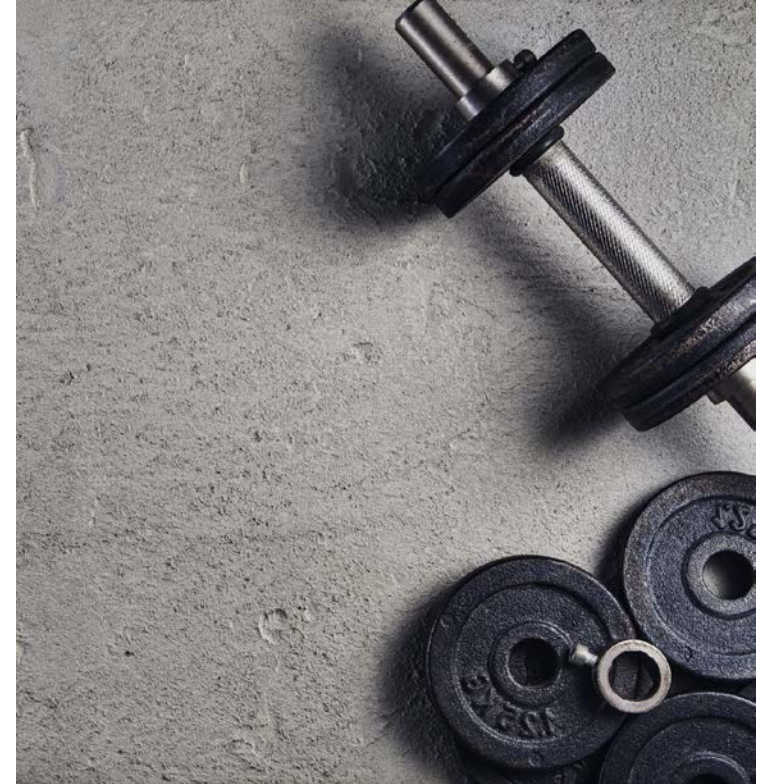
- Use a weight or resistance level that allows you to perform 8-12 reps per set with good form
- Aim for 2-3 sets of each exercise

3) Types of exercise

- Exercise targeting major muscle groups including:
 - Upper body: push ups, pull ups, dumbbells, barbells, bench press, shoulder press, bands
 - Lower body: squats, lunges, leg press, deadlifts
 - Core: planks, sit ups, Russian twists
- *Body resistance

4) Progression

- Gradually increase the resistance or weight





Weight Bearing and Impact Activities

1) Frequency

- Include weight bearing activities 3-5 times per week

2) Types of activities

- High impact: Running, tennis, pickle ball, basketball, Rollerblading
- Low impact: Walking, stair climbing, dancing, Zumba, yoga,

Strategies to Incorporate Exercise



SET REALISTIC
GOALS



CHOOSE ENJOYABLE
ACTIVITIES



BE CONSISTENT



INCORPORATE
VARIETY



Practical Implementation Tips

- 1) Combine activities
- 2) Consistency
- 3) Variety
- 4) Monitor intensity
- 5) Safety
- 6) Professional guidance



Nutrition

Macronutrients

- **Carbs**

- Important for primary source of energy
- Found in whole grains, fruits, vegetables

- **Proteins**

- Important for essential for growth and maintenance of tissues
- Found in lean meats, fish, eggs, dairy, beans, nuts

- **Fats**

- Important for necessary for brain function, hormone production, reductions of TG, and energy
- Stick to- monosaturated fats: avocados, nuts, seeds
 - polyunsaturated fats: omega-3 (salmon)
omega-6 (oils)



Micronutrients - Vitamins

Vitamin A:

- Important for vision and immune function
- Found in carrots, sweet potato, and spinach

Vitamin C:

- Important for growth and repair of tissues
- Found in citrus fruits, bell pepper, and strawberry

Vitamin D:

- Important for bone health
- Found in sunlight, fortified foods, and fatty fish



Micronutrients - Minerals

Calcium:

- Important for bone health, oxygen transport, immune functions
- Found in dairy leafy greens, and plant milk

Iron:

- Important for necessary for blood production
- Found in red meat, beans, and fortified foods

Magnesium:

- Important for important cofactor in biochemical reactions
- Found in nuts, seeds, and whole grains





Dietary Fiber

- Promotes regularity of BMs
- Can reduce risk of hemorrhoids
- Lowers cholesterol (LDL)
- Slows glucose absorption
- Aids in satiety (wt loss)
- Supports healthy microbiome
- Can reduce risk of CRC
- Found in fruits, vegetables, whole grains, and legumes

Hydration

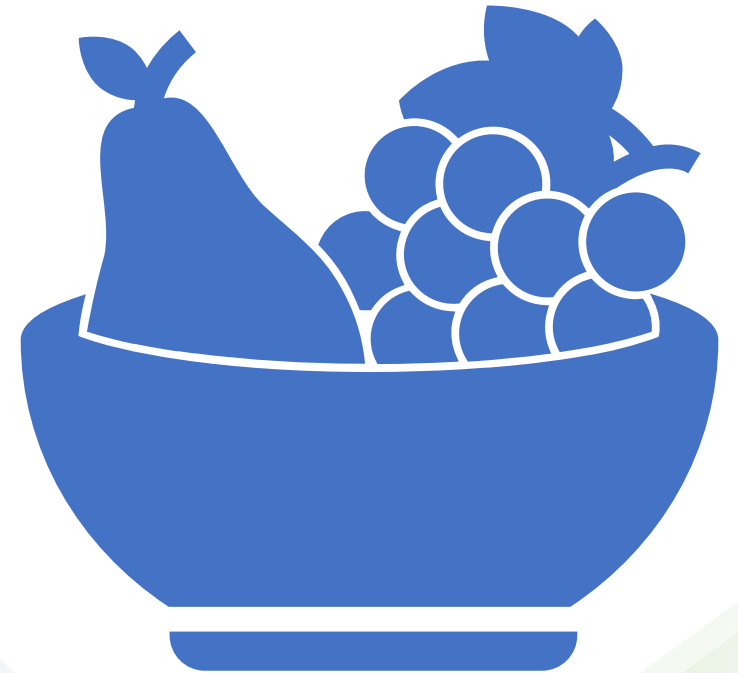
H₂O

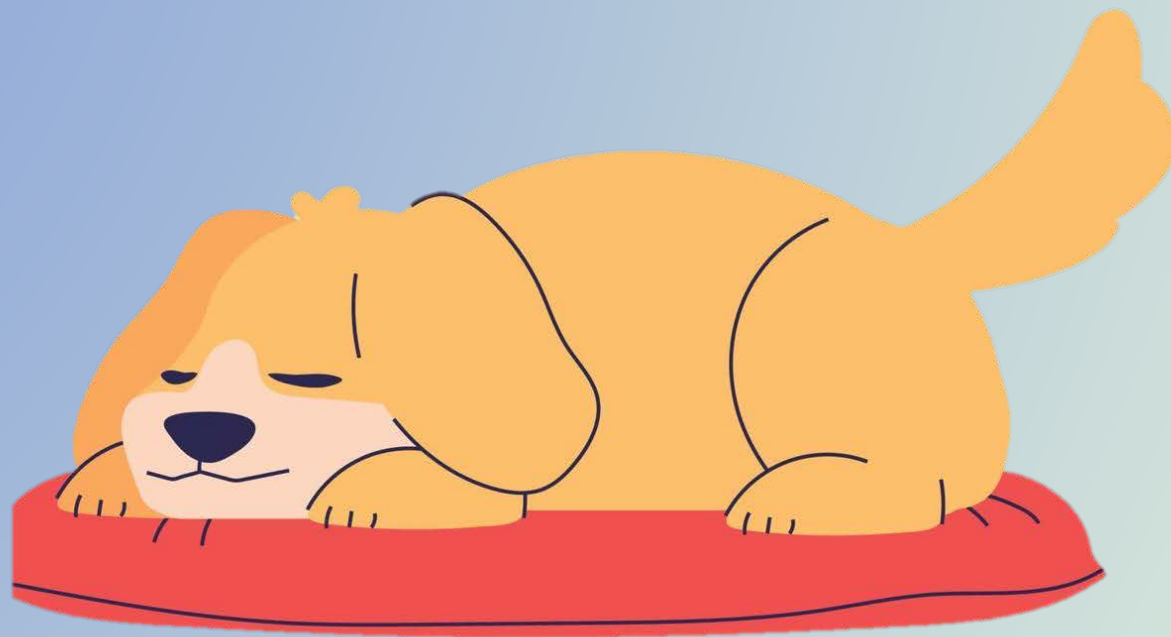
- Important for digestion, circulation, and temperature regulation
- no specific recommendations



Tips for Good Nutrition

- Consume whole foods
- Plan meals
- Read labels
- Cook at home
- Limit processed foods and additives
- Consider specific diets such as Mediterranean and DASH that are evidenced based





Sleep



How does sleep affect us

Importance of Sleep

- Physical health benefits
- Cognitive function
- Emotional and Mental health

Consequences of sleep deprivation

- Increased risk of accidents
- Impaired judgment and decision making
- Higher susceptibility to chronic illness

Sleep Hygiene



Maintain consistent sleep schedule



Create a restful environment



Limit exposure to screens and blue light before bedtime



Avoid caffeine and heavy meals close to bedtime

Creating a sleep-inducing environment



Comfortable mattress and pillows



Use of blackout curtains and white noise machines



Establishing a relaxing pre-sleep routine

Lifestyle modifications for Better Sleep



Regular activity



Managing stress



Limiting naps



Social Connection

Benefits of Social Connections



Physical

Longevity

Cardiovascular health

Reduced stress levels

Healthier behaviors



Mental health

Reduced risk depression anxiety

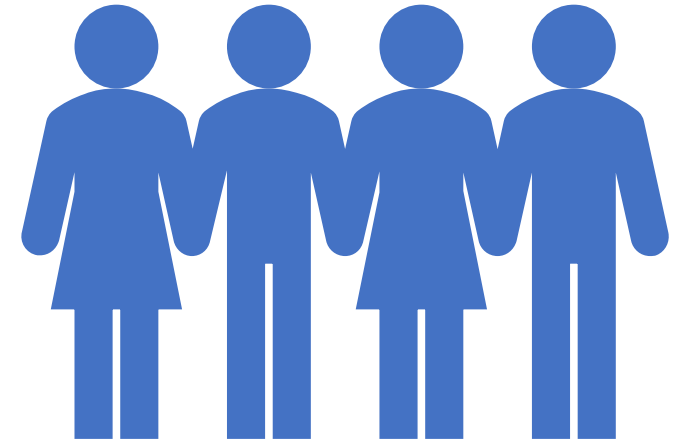
Improved mood and emotional wellbeing

Increased self esteem and confidence

Cognitive benefits

Mechanisms of social benefits

- Emotional support (comfort)
- Instrumental (practical assistance)
- Information (decision making)
- Social integration



Ways to Connect

Group activities

- Sports, clubs, volunteer work

Close relationship

- Strong bonds with family friends or partners

Community engagement

- Community organizations or religious groups





Stress Management

Stressors

Coping Strategies

Perception of Threat

CORTISOL RESPONSE
(Cortisol is released into the blood stream)

Decreased Immune Function

- Increased ulcer response to H. Pylori
- Increased viral infections and bronchitis

Changes in Gastrointestinal

- Ulcers
- IBS
- Acid reflux
- GERD

Changes in Neurochemistry

- | | |
|----------------------------|--------------------------------|
| Decreased Serotonin | Decreased Dopamine |
| • Sleep | • Pleasure |
| • Mood | • Motivation |
| • Anxiety | • Concentration |
| • Depression | • Increased risk of addictions |

Changes in MSK

- Muscle tension and pain

Changes in Glucose Metabolism

- Insulin resistance
- Pre-diabetes
- Diabetes and nerve damage
- Truncal Obesity
- Fatigue

Changes in Cardiovascular Status

- Increased blood pressure
- Increased arterial plaque
- Increased abdominal fat
- Heart attack and stroke

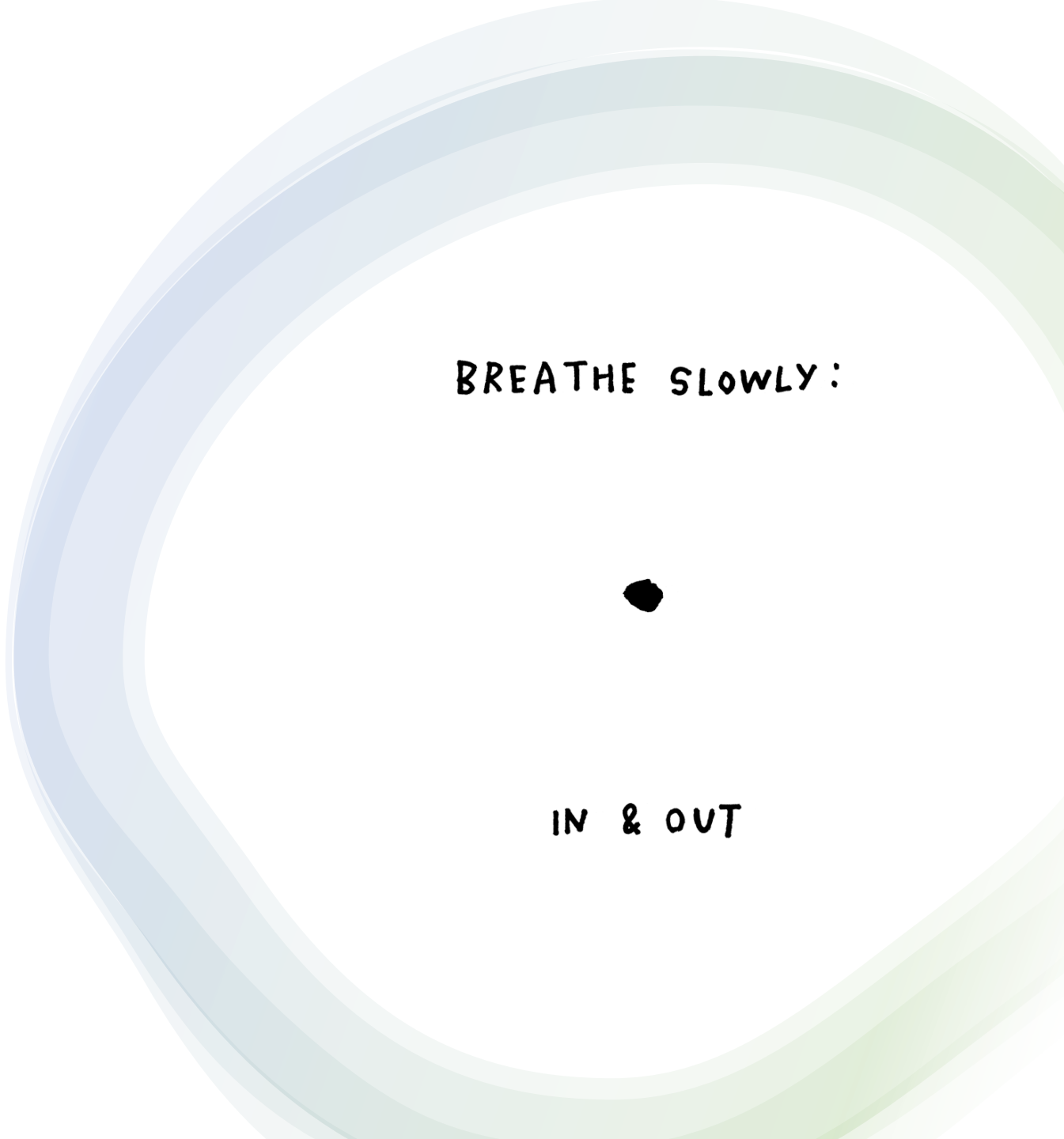
Stress Management Skills – Lifestyle Changes



- Regular exercise
- Healthy diet
- Maintenance of healthy weight
- Adequate sleep (7-9 hours)

Stress Management Skills - Mindfulness and Relaxation Techniques- physiological

- Meditation
- Deep breathing (diaphragmatic)
- Progressive muscle relaxation



BREATHE SLOWLY:

IN & OUT

Stress Management Skills – Time Management and Organization



- Triage tasks
- Set realistic goals
- Delegation
- Prioritize goals (work life balance)

Stress Management Skills – Professional Support

- Therapy
- Stress management programs



Stress Management Skills – Social Support



- Connect with loved ones
- Join support groups

Stress Management Skills - Limit Stimulants and Substances

- Reduce caffeine and alcohol
- Avoid tobacco and drugs



Stress Management Skills – Hobbies and Leisure Activities



- Engage in hobbies
- Explore nature

Stress Management Skills – Cognitive Strategies

- Positive thinking (gratitude)
- Reframe situations



Use of Technology in Wellness

- Apps for tracking:
 - weight/BMI/measurements
 - exercise (programs)
 - blood pressure, labs
- Videos (you tube) for instruction:
 - cooking, meal prep, recipes
 - exercises (demos)
- Apps for interaction: mental health
- Devices: HR monitor, fitness watches, ring monitor



Gut Microbiome

- Formed from birth and environment
 - Affected by foods, medications, stress, environmental exposures
 - Dysbiosis implicated in a multitude of chronic disease states
 - Healthy gut microbiome can impact overall health and wellness
- Optimize: limit unnecessary medications, add fermented foods to diet, manage stress, exercise

Summary

- Moving focus from solely health to wellness → quality of life
- Lifestyle modifications can impact disease states as well as impart wellness
- Components of lifestyle medicine intersect with each other and wellbeing
 - *exercise *nutrition *sleep *stress reduction
 - *social connection

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Questions

Thank you!

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