



6 Pillars of Lifestyle Medicine

Your Guide to a Healthier Life

Lifestyle medicine focuses on **preventing, treating, and even reversing chronic diseases** through evidence-based lifestyle changes. Here's how you can apply the **six pillars** to improve your well-being.

Whole-Food, Plant-Predominant Eating Pattern

What it is: Eating mostly whole, minimally processed plant-based foods like fruits, vegetables, whole grains, legumes, nuts, and seeds.

How to Incorporate:

- Fill half your plate with vegetables at every meal.
- Swap processed snacks for whole foods (e.g., nuts, fruit, hummus & veggies).
- Try a Meatless Monday to explore plant-based meals.

Regular Physical Activity

What it is: Engaging in moderate to vigorous physical movement to improve overall health.

How to Incorporate:

- Take a **10-minute walk** after meals.
- Do **bodyweight exercises** (push-ups, squats) while watching TV.
- Park farther away or take the stairs whenever possible.

Restorative Sleep

What it is: Getting **7–9 hours** of quality sleep per night to support brain function, metabolism, and immune health.

How to Incorporate:

- Set a **consistent bedtime and wake-up time**, even on weekends.
- Reduce **screen time** 1 hour before bed.
- Create a **cool, dark, and quiet** sleep environment.

Stress Management

What it is: Using healthy strategies to cope with daily challenges and prevent chronic stress.

How to Incorporate:

- Practice **deep breathing** or meditation for 5 minutes daily.
- Schedule **"me time"** (reading, journaling, or a hobby).
- Spend time outdoors—**nature reduces stress!**

Avoid Risky Substances

What it is: Reducing or eliminating the use of tobacco, excessive alcohol, and other harmful substances.

How to Incorporate:

- Swap alcohol for **sparkling water with fruit** at social events.
- Seek **support or counseling** if quitting tobacco or alcohol is challenging.
- Avoid **triggers** by changing routines (e.g., go for a walk instead of smoking breaks).

Social Connection

What it is: Maintaining strong, healthy relationships to support emotional and physical well-being.

How to Incorporate:

- Call or text **one friend or family member daily**.
- Join a **local club, faith group, or volunteer organization**.
- Schedule a **weekly coffee date** or activity with loved ones.