

# Lifestyle Medicine







## **Disclosure statement**

There are no relevant financial relationships with ACCME defined commercial interests to disclose.



# Lifestyle Medicine Roadmap



**September 2018 -2019**  
Healthy Rowan Coalition and CCC adopted Exercise is Medicine as priority initiative to address chronic disease

**November 2020**  
CCC transition from Exercise is Medicine to Lifestyle Medicine. Medical Director completed LM Board Certification

**Summer 2021**  
CCC LM Program pilot complete. New Standard of Care being adopted.

**Fall 2021**  
Partnering with YMCA to pilot Intro to Exercise Program for patients with physical activity referrals.

**Fall 2021 - Dec. 2022**  
Anticipated expansion of Lifestyle Medicine to Rowan County Health Department and two additional clinic sites.





# Healthy Rowan works across organizations to educate, collaborate, and advocate to improve health outcomes in Rowan County



With support from  
**Healthy People, Healthy Carolinas**  
An Initiative of The Duke Endowment

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ROWAN**  
A Community Coalition  
Rowan County, NC  
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**NOVANT  
HEALTH**

**ROWAN COUNTY  
PUBLIC HEALTH**  
Prevent. Promote. Protect.  
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**COMMUNITY  
CARE CLINIC**  
of Rowan County, Inc.

THE CITY OF  
**Salisbury**  
— North Carolina —

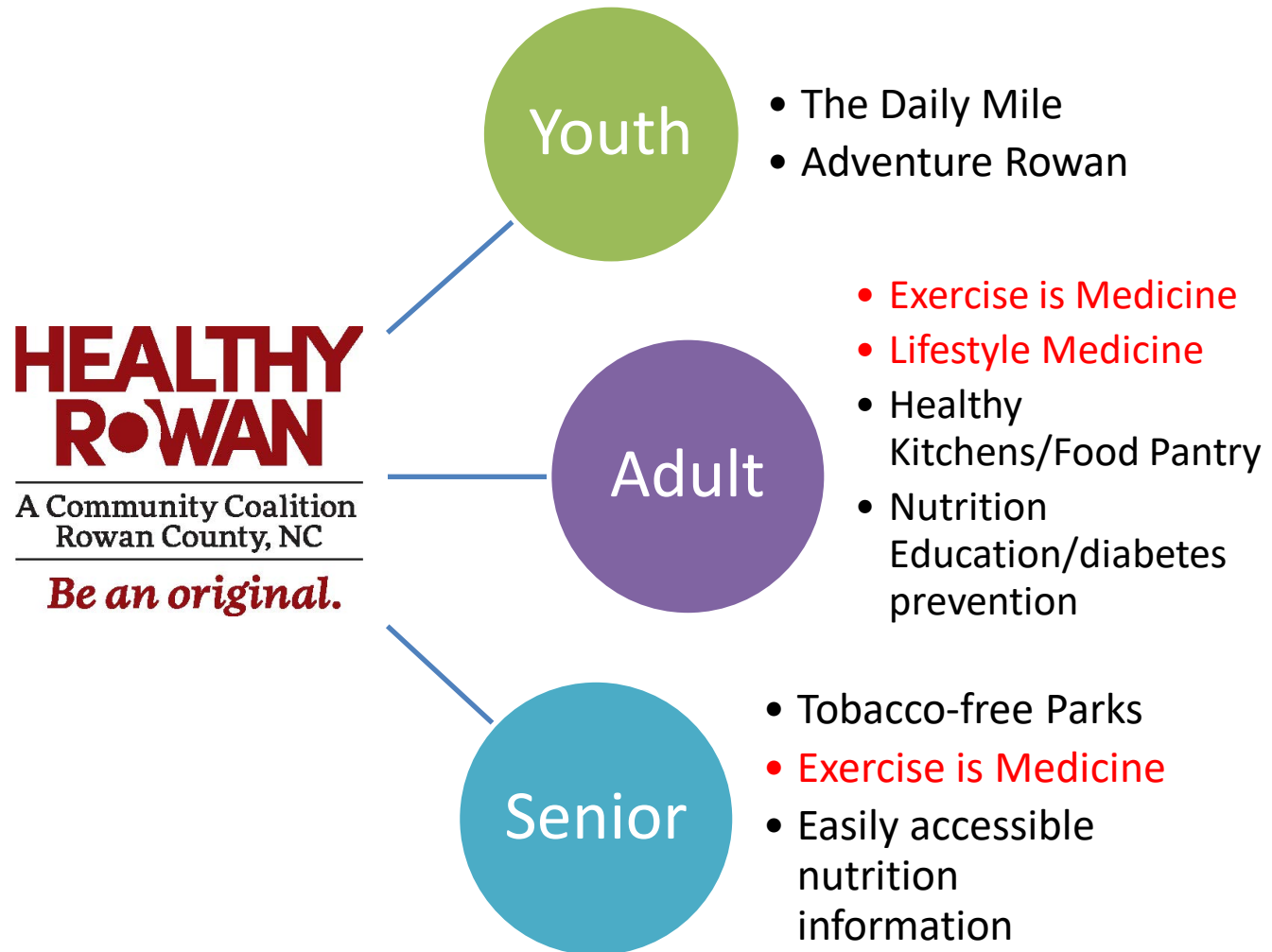
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COUNTY**  
NORTH CAROLINA  
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# Coalition Structure

## Current Partner Initiatives and Evidence-based Programs





“ What if there was  
**one prescription**  
that could  
**prevent and treat**  
dozens of diseases,  
such as diabetes,  
hypertension and  
obesity...

Would you prescribe  
it to your patients? ”

**Certainly!**



- Robert E. Sallis, M.D., FACSM,  
EIM Global Center Chairman





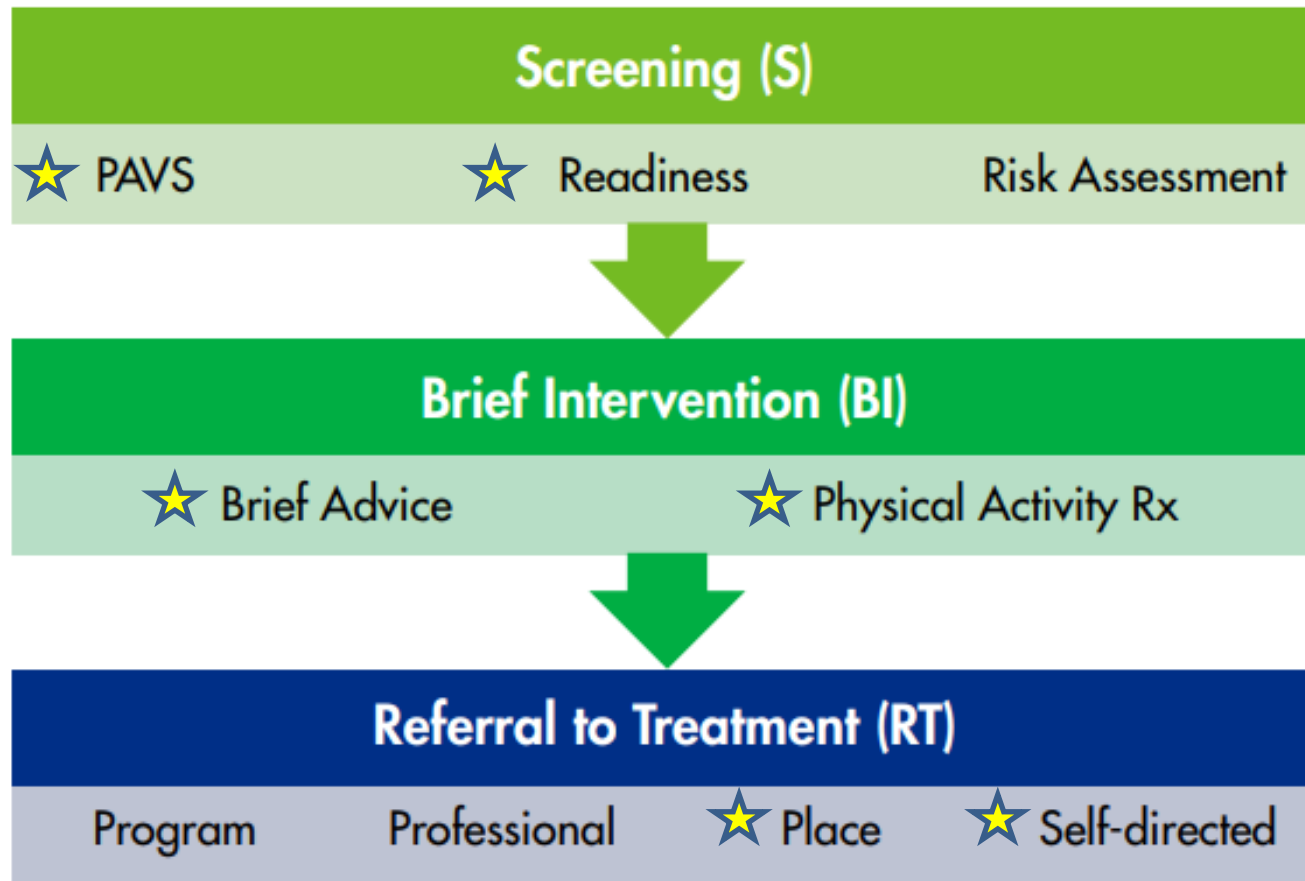
**Exercise is Medicine®** is a global initiative to establish physical activity as a standard in healthcare



# Exercise is Medicine



★ Community Care Clinic adapted model







# Step 1: Assess Physical Activity Vital Sign (PAVS)

## Physical Activity Vital Sign

ExeRxercise  
is Medicine®

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of SPORTS MEDICINE®

1. On average, how many days per week do you engage in moderate to vigorous physical activity (like a brisk walk)? \_\_\_\_\_ days
  2. On average, how many minutes do you engage in physical activity at this level? \_\_\_\_\_ minutes
- Total minutes per week of physical activity (multiply #1 by #2) \_\_\_\_\_ minutes per week**

Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48 440 adult patients  
<https://bjsm.bmj.com/content/early/2021/04/07/bjsports-2021-104080>





# Step 2: Provide Brief Advice or a Prescription

## Your Physical Activity Prescription

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Patient's name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

☐ **Aerobic Activity**  
Walk or exercise \_\_\_\_\_ minutes \_\_\_\_\_ days per week  
for a total of \_\_\_\_\_ minutes per week.

☐ **Muscle Strengthening**  
2 days per week

☐ **Stretching**  
5-10 minutes a day

Visit [www.communitycareofrowan.org](http://www.communitycareofrowan.org) and click on the exercise is medicine link to find free exercise class videos and resources.

Provider Signature: \_\_\_\_\_

## Aerobic Activity Essentials

Before you begin, make sure you can do it safely and effectively. Aerobic activity, or cardio, is any activity that gets you breathing harder and your heart beating faster. It includes activities such as taking a brisk walk, swimming, or dancing.

### 1 Do 5 Days Per Week, 30 Minutes per Day.

The National Physical Activity Guidelines recommend at least 150 minutes - or 2 hours, 30 minutes - of moderate intensity aerobic activity per week. The best way to reach those 150 minutes is to walk 5 days per week, 30 minutes per day.

### 2 Use the Talk Test.

The Talk Test is a easy way for you to know the intensity of your aerobic activity. Intensity is how hard your body is working during the activity. In general, if you are doing moderate intensity activity you can talk, but not sing during the activity.

### 3 Challenge Yourself.

For your safety and health it is important to feel comfortable during moderate activities before moving up the intensity. However, gradually replacing moderate activities such as brisk walking with vigorous activities that take a lot more effort such as jogging will give you the same health benefits in half the time!

### 4 Build it into your daily routine.

Two hours and 30 minutes may sound like a long time, but if you break it up into 10 minutes in the morning, 10 minutes at lunch and 10 minutes after dinner you will reach your goal in no time!

## The Benefits of Aerobic Activity

Doing moderate intensity aerobic activity such as brisk walking can help control your weight and help you live longer. It can also lower your risk of heart disease, diabetes and some cancers. Regular aerobic activity can even strengthen your muscles and bones and improve your mental health and mood.



### Getting Started

- Start with at least 5 minutes per day, 3 days per week.
- After 2 weeks, add 5-10 minutes to your walk each day.
- When you reach 30 minutes per day, 3 days a week, add 1-2 more days until you reach 2 hours, 30 minutes a week.

## Activity Log

WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT
SAMPLE							
1							
2							
3							
4							
5							
6							
7							

## Being Active for a Better Life

Exercis is Medicine  
AMERICAN COLLEGE OF SPORTS MEDICINE

Did you know that not getting enough physical activity can result in the same kinds of health problems caused by smoking and being overweight? For starters, moving more often:

- Lowers your risk of heart disease, stroke, high blood pressure, Type 2 diabetes, several kinds of cancer, and weight gain
- Improves your mood and sleep
- Helps keep your mind sharp as you get older
- Delays the effects of aging and reduces the risk of falls
- Increases your energy and improves your life quality

Inactive people who start moving get the biggest bang for their buck. Even if you can't be as active as experts say you should, any physical activity is a good thing. The more time you spend sitting, the more you increase your risk of heart problems and death.

Start where you are. Use what you have. Do what you can.

### Getting Started

#### Check Your Health

If you have health concerns, talk with your health care provider before you start exercising. Make sure they know all the medications you are taking. If you have muscle or joint problems, ask about doing physical therapy before beginning an exercise program.

#### Exercise with a Friend

Get someone you enjoy and find a buddy at home or work. Those who exercise with a friend tend to stick with it longer than those who go it alone.

#### Start Simple

If you're just starting out, by everything except the walking. All you need is a good pair of shoes.

#### Motivation

Use a timer phone or digital activity tracker to monitor your progress and stay motivated. Count your steps daily for the first week or two. Gradually build up to 7,000-10,000 steps/day.



#### To stay safe and injury free:

- Warm up and cool down before and after exercise.
- Start with light to medium effort.
- Gradually increase your pace and time spent being active. Start low and go slow!



# Step 3: Referral to Physical Activity Resources



Fitness Centers  
Fitness Professionals  
Walking Log  
Videos  
Home fitness tests  
Local Parks

## Rowan County

### Physical Activity Resource Guide

#### Supervised

Fitness facilities, programs, or classes that have certified fitness professionals on staff and charge a fee

**YMCA**  
J.R. Hendry YMCA  
325 Lake of Alexander Blvd.  
Salisbury, NC  
704-639-0223

**Salisbury Palace YMCA**  
780 Crescent Rd.  
Rockwell, NC  
704-579-1342

**J. Fred Crowder Jr. YMCA**  
990 Clarks Rd.  
China Grove, NC  
704-837-7033

**Senior Center**  
Holly Hoke Senior Center  
1125 Mt. Cloverleaf King Jr. S.  
Salisbury, NC  
704-639-7756

**Private Gyms**  
3607 Woodchase Dr.  
27160 Salisbury, NC  
304-270-2888

**Crescent Fitness**  
3050 W. Crowder Ave.  
Salisbury, NC  
304-799-1857

**Samson Park Pool**  
1125 Samson Ave.  
Salisbury, NC

**Franklin Pool Inn**  
3300 Franklin Ave. Dr.  
Salisbury, NC

**Rowan of Salisbury**  
8645, 2508 S. Main St.  
Salisbury, NC  
304-633-9668

**Hill Gym**  
1430 Mt. Davis St.  
Salisbury, NC

**Peace Recreation Club**  
9000 Calhoun Rd.  
Mt. Airy, NC

**Phantom Fitness**  
753 Lake of Alexander Blvd.  
Salisbury, NC  
704-742-9630

**Salisbury CrossFit**  
324 S. Main St.  
Salisbury, NC  
304-247-2346

#### Elementary School Daily Mile Tracks

All of these elementary schools have tracks with mile markers on signs

**Cashew Elementary**  
1820 Park Rd.  
Salisbury, NC

**McCall Elementary**  
13200 MC Rd.  
Mt. Airy, NC

**Landolt Elementary**  
830 N. Taylor Ave.  
Salisbury, NC

**Granville Elementary**  
118 S. Walnut St.  
Granville, NC

**North Elementary**  
3000 School St.  
Pilot, NC

**Rockwell Elementary**  
114 1st Rd.  
Salisbury, NC

**Middleburg Elementary**  
155 Ed. Crowder Rd.  
China Grove, NC

**Wade Elementary**  
400 Hahnemann Rd.  
Rockwell, NC

**Conover Elementary**  
400 E. Pineville Rd.  
Salisbury, NC

**Harford Drive Elementary**  
400 Chase Rd.  
Salisbury, NC

## Parks and Rec in Rowan County

**China Grove**  
Common Field Little League Fields  
70200 Main St.

**Village Green Park** 875 S. 1st St.

**Cleveland/ Mt. Ulla/Woodleaf**  
Shaw Park/US 900 Parks 1300 Shaw Rd.

**Faith**  
Falls Park/US 900 Parks 1300 Shaw Rd.

**East Spencer**  
East Spencer Sports Complex  
10000 S. 1st Rd.

**Granite Quarry**  
Granite Quarry Sports Center  
10000 S. 1st Rd.

**Landis**  
Landis Park 10000 S. 1st Rd.

**Salisbury**  
Common Field Little League Fields  
70200 Main St.

**Wiley Park** 1000 Main St.

**Eden Park** 1000 Main St.

**Salisbury Sports and Recreation Complex**  
10000 S. 1st Rd.

**Thomas Creek Park** 7000 Main St.

**Calhoun Heights Park** 10000 S. 1st Rd.

**Mohawk Park** 10000 S. 1st Rd.

**Long Street Park** 10000 S. 1st Rd.

**Liberty Park** 10000 S. 1st Rd.

**Franklin Park** 10000 S. 1st Rd.

**Eden Park** 1000 Main St.

**Calhoun Heights Park** 10000 S. 1st Rd.

**Mohawk Park** 10000 S. 1st Rd.

**Long Street Park** 10000 S. 1st Rd.

**Liberty Park** 10000 S. 1st Rd.

**Franklin Park** 10000 S. 1st Rd.

**Thomas Creek Park** 7000 Main St.

**Calhoun Heights Park** 10000 S. 1st Rd.

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**Long Street Park** 10000 S. 1st Rd.

**Liberty Park** 10000 S. 1st Rd.

**Franklin Park** 10000 S. 1st Rd.

#### Facilities Key

- Drinking Water
- Restroom
- Picnic Table
- Play Area
- Softball Field
- Baseball Field
- Cricket or Softball

<https://healthyrowan.org/physical-activity/local-resources/>



# Data — September 2018 to December 2019



Measures	Number
<b>Community Free Clinic Patients</b>	<b>1100</b>
<b>EIM Patients</b>	<b>614</b>
<b>Physical Activity Vital Sign (PAVS) on file</b>	<b>978</b>
PAVS not meeting guidelines (150 min./wk)	468
PAVS not doing any PA	885
<b>Physical activity RX on file</b>	<b>978</b>
RX that meets guidelines (at least 150 min./wk)	178
RX of at least 10 minutes, 3 days per week	819
<b>Patients that have increased PA as a result of an RX</b>	<b>146</b>
<b>Number of repeat visits:</b>	
2 <sup>nd</sup>	152
3 <sup>rd</sup>	58
4 <sup>th</sup>	29



# Exercise is Medicine



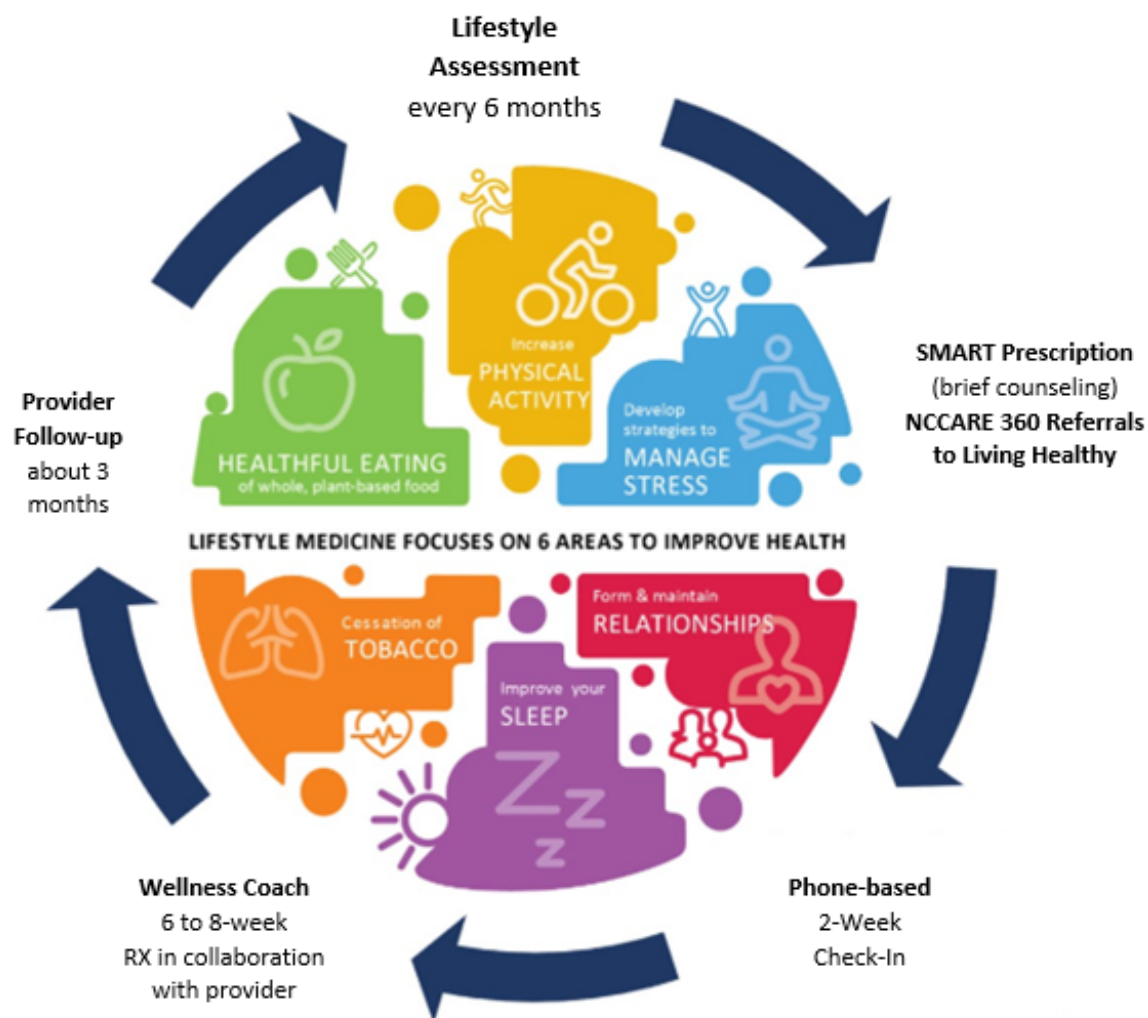
## Cooking/Exercise Demos

75% (n=25) of patients made the recipes they tasted at home.



# Lifestyle Medicine


Simple, Powerful Therapy






# Step 1: Assess Lifestyle

Adapted Loma Linda  
Form to separate fast  
food, beverages, and  
fruits/vegetables



American College of  
Lifestyle Medicine



LOMA LINDA UNIVERSITY  
HEALTH

Produced in collaboration with Loma Linda University

## Lifestyle Assessment Short Form

**PATIENT HEALTH NUMBERS (To be completed by office staff)**

Weight (lbs) _____	Body Mass Index (BMI) _____	Blood Pressure _____ / _____
Total Cholesterol _____	HDL "good" Cholesterol _____	LDL "bad" Cholesterol _____
Triglycerides _____	Fasting Glucose _____	A1C _____

**OVERALL HEALTH**

1. Please circle your current overall LEVEL of HEALTH.

0	1	2	3	4	5	6	7	8	9	10
										Excellent Health
Very poor health										

**SLEEP**

2. Over the last two weeks, how many hours of sleep did you average in a 24-hour period?

- Less than 4 hours
- 4-5 hours
- 6 hours
- 7-8 hours
- 9 or more hours

3. Over the last two weeks, how often did you feel tired or have difficulty staying awake during routine tasks in the day?

- Not at all
- Several days
- More than half the days
- Nearly every day

**WEIGHT MANAGEMENT**

4. What do you think about your current weight?

- I want to gain a lot of weight
- I want to gain a little weight
- I am happy with my weight
- I want to lose a little weight
- I want to lose a lot of weight

**NUTRITION**

5. Over the last two weeks, how many days per week have you eaten fast food?

a. 0	c. 3-4
b. 1-2	d. 5 or more

6. Over the last two weeks, how many times per day have you had a sugary drink (e.g., soda, sports drinks, juice)?

a. 0	c. 3-4
b. 1-2	d. 5 or more

7. On an average, how many servings of whole fruits and vegetables do you eat per day? (1 serving is about a handful and does not include fruit juice)

a. Less than 2	c. 4-5
b. 2-3	d. More than 5

**EXERCISE**

8. OVER THE LAST TWO WEEKS, how many days did you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

a. 0	e. 4
b. 1	f. 5
c. 2	g. 6
d. 3	h. 7

9. DURING AN AVERAGE SESSION, how many minutes do you exercise at a moderate to strenuous intensity (e.g., brisk walking or enough movement to break a light sweat)?

a. 0	e. 40
b. 10	f. 50
c. 20	g. 60 or more
d. 30	

Patient Name \_\_\_\_\_

DOB: \_\_\_\_\_

Today's date: \_\_\_\_\_

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# Step 2: Prescribe Lifestyle

## Your Lifestyle Medicine Rx - Physical Activity

Physical activity is any movement of the body that uses energy. Aerobic physical activity gets your heart pumping. For health benefits, aerobic activity should be moderate or vigorous intensity.

- Walking
- Dancing
- Taking the stairs
- Playing soccer
- Yard work

### Being physically active can help you:

- Live longer
- Feel better about yourself
- Decrease your chances of becoming depressed
- Sleep well at night

### How much physical activity do you need?

The National Activity Guidelines recommend 150 minutes of moderate activity that may seem like a long time, but if you break it up you will reach your

10 min. walking dog  
10 min. walking at lunch  
+ 10 min. dancing in house  
= 30 min. physical activity

### Use the Talk Test

- Low intensity- able to sing and talk
- Moderate intensity- able to talk but not sing (recommended)
- Vigorous intensity- able to only say a few words without stopping to catch your breath

### Tips to be more active

- ☐ Write down the reason you want to be active and place it somewhere you will see it
- ☐ Break your daily activity up into smaller sessions
- ☐ Join a walking group or walk with a buddy
- ☐ Take the stairs
- ☐ Park further away
- ☐ Set a timer to get up every hour and move for at least one minute
- ☐ Listen to music
- ☐ Try a YouTube physical activity video
- ☐ Track your activity
- ☐ Schedule your activity on a calendar and put it somewhere you will see it daily
- ☐ Get a pedometer and track your steps
- ☐ Track your walk or run with the RunKeeper or MyFitnessPal app
- ☐ Take walking breaks (i.e. 1-2 minutes in place or around your house/workplace every 2-3 hours).
- ☐ Other: \_\_\_\_\_

Lifestyle  
Medicine

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### Your Lifestyle Medicine Rx - Physical Activity

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

- ☐ Do \_\_\_\_\_ min of \_\_\_\_\_ (physical activity) \_\_\_\_\_ days per week. (CV)
- ☐ Do \_\_\_\_\_ min of \_\_\_\_\_ for \_\_\_\_\_ days per week. (ST)
- ☐ Other: \_\_\_\_\_

Provider Signature \_\_\_\_\_

Date \_\_\_\_\_

### Know Your Numbers

Weight (lbs) _____	Body Mass Index (BMI) _____	Blood Pressure _____/_____
Total Cholesterol _____	HDL "good" Cholesterol _____	LDL "bad" Cholesterol _____
Triglycerides _____	Fasting glucose _____	
A1C _____ (ave. blood sugar control for the past 2 to 3 months)		

## Your Lifestyle Medicine Rx - Sleep

Your daily routines such as what you eat and drink, the medication you take, and how much activity you get throughout the day can impact the quality of your sleep. Bedtime routines are important to help you wind down and improve your ability to fall asleep and stay asleep.

### A good nights sleep can help with:

- Memory and focus
- Anxiety and depression
- A healthy weight (less late night snacking!)
- Blood sugar
- Better decisions
- Creativity

### How much sleep do you need?



Newborns  
16-18  
hours a day



Pre-school  
Children  
11-12  
hours a day



School-age  
Children  
10  
hours a day



Teens  
9-10  
hours a day

### Tips to sleep better

#### Make Your Bedroom More Comfortable

- ☐ Make your bedroom quiet and relaxing
- ☐ Keep the room at 60 to 67 degrees
- ☐ Keep the room dark
- ☐ Use your bed only for sleep and sex
- ☐ No TVs, phones, and computers in the bedroom
- ☐ Use heavy blanket if you can keep the room cool

#### Create a Bed Time Routine

- ☐ Read a book
- ☐ Take a warm bath
- ☐ Take 5-10 long slow deep breaths
- ☐ Journal to release daily stress
- ☐ Stick to a sleep schedule (wake up and bedtime each day)
- ☐ Put your phone on "do not disturb"
- ☐ Write down your to-do list
- ☐ Try the Insomnia Coach App

#### Still having trouble getting sleep?

Complete a two-week sleep diary to help you understand how your routines affect your sleep.

### Be aware of your daytime habits.

- ☐ Exercise regularly
- ☐ Eat a healthy diet
- ☐ Do not eat large meals before bedtime
- ☐ Eat a light, healthy snack 45 minutes before bed
- ☐ Do not drink caffeine in the evening
- ☐ Do not drink alcohol before bedtime
- ☐ Do not drink anything 30 minutes before bedtime
- ☐ Go outside to get at least 30 minutes of daylight exposure daily.
- ☐ Do not take any naps longer than 30 minutes.
- ☐ Use blue light glasses

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### Your Lifestyle Medicine Rx - Sleep

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

- ☐ Get \_\_\_\_\_ hours of sleep per night.
- ☐ Other: \_\_\_\_\_

Provider Signature \_\_\_\_\_

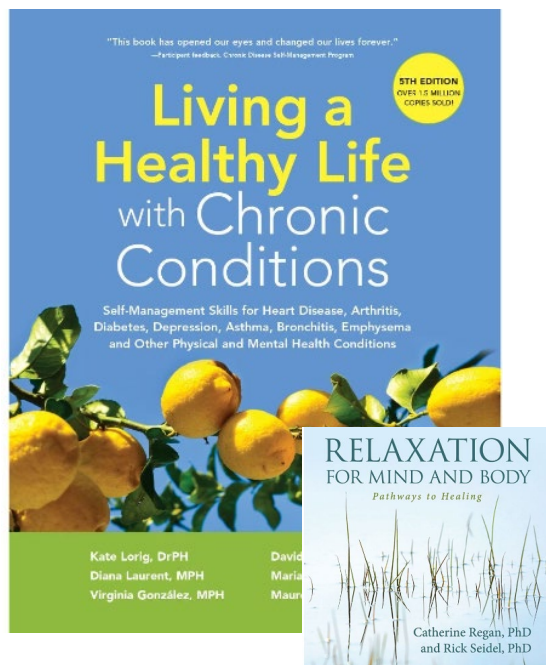
Date \_\_\_\_\_

### Know Your Health Numbers

Weight (lbs) _____	Body Mass Index (BMI) _____	Blood Pressure _____/_____
Total Cholesterol _____	HDL "good" Cholesterol _____	LDL "bad" Cholesterol _____
Triglycerides _____	Fasting glucose _____	
A1C _____ (ave. blood sugar control for the past 2 to 3 months)		



# Step 3: Refer to Living Healthy



**Free of cost to patient; Evidence based, 6-week workshop. Classes meet one time per week for 2.5 hours.**

- Peer to peer support
- Weekly action plans
- Lifestyle education/self-management
- Self-assessment

**Refer using NCCARE 360 to: Centralina Area Agency on Aging**  
(Chronic Disease and Prevention)

## Centralina Area Agency on Aging

Chronic Disease Prevention & Management and 3 more

📍 9815 David Taylor Dr 100, Charlotte, NC 28262 (28.00 mi)

✉ [egregorich@centralina.org](mailto:egregorich@centralina.org)

☎ Phone: (704) 348-2726

🕒 Hours today: 9:00 AM - 5:00 PM

🌐 <http://centralina.org/centralinaaging/>





# Living Healthy Evidence

Individuals (n=1,000) with heart disease, lung disease, stroke or arthritis participated in RCT.

## Results:

- *Significant improvements in* exercise, cognitive symptom management communication with physicians, social/role activities limitations, self-reported general health
- Fewer days in hospital
- Trend toward fewer outpatient visits hospitalizations.
- Cost to savings ratio of approximately 1:4.
- Many of these results persist for as long as three years.



# Pilot Data — July 2020 – June 2021

Measures	Number
<b># Referrals</b>	<b>117</b>
# interested patients that didn't show up to first class	<b>10</b>
<b># Participants</b> (completed at least 5 of the 6 classes)	<b>31</b>
<b># Classes</b>	<b>6</b>
<b># Participants that increased confidence level in managing health</b>	<b>31</b>
<b># Participants reporting fair or poor health status</b>	<b>29</b>
<b># Participants reporting increased health status</b>	<b>30</b>
<b>#Action Plans</b>	<b>72</b>
# physical activity plans	<b>29</b>
# healthy eating plans	<b>35</b>
# sleep plans	<b>1</b>
# medication management plans	<b>2</b>





# 6-month Pilot Data

July 2020 – June 2021

Measures	Number
# patients doing no PA at baseline	18
# patients meeting guidelines at baseline	1
# patients increasing PA	23
# patients doing at least 3 days, 10 minutes	17
# patients doing 150 minutes per week	3
# patients doing no PA at baseline	18





# LH Clinic Success Stories

**YTD: 23/31 LH patients are now moving more; 18 were doing 0 minutes before class**

**Patient A – more energetic! Lost 7 pounds; A1C 7.7 to 7.3**

- eating oatmeal 3 times per week
- exercising 3 days 15 minutes
- drinking water 5 days per week

**Patient B - lost 15 pounds, feeling better, A1C 6.9 to 6.2**

- eating a salad for lunch 3 days per week
- cutting down to 1 frozen dove pop every night instead of 2
- cutting the size of her chocolate milk every night from 12 oz. to 6 oz.
- moving 10 minutes 5 days per week

**Patient C - 8.3 to 6.8 A1C**



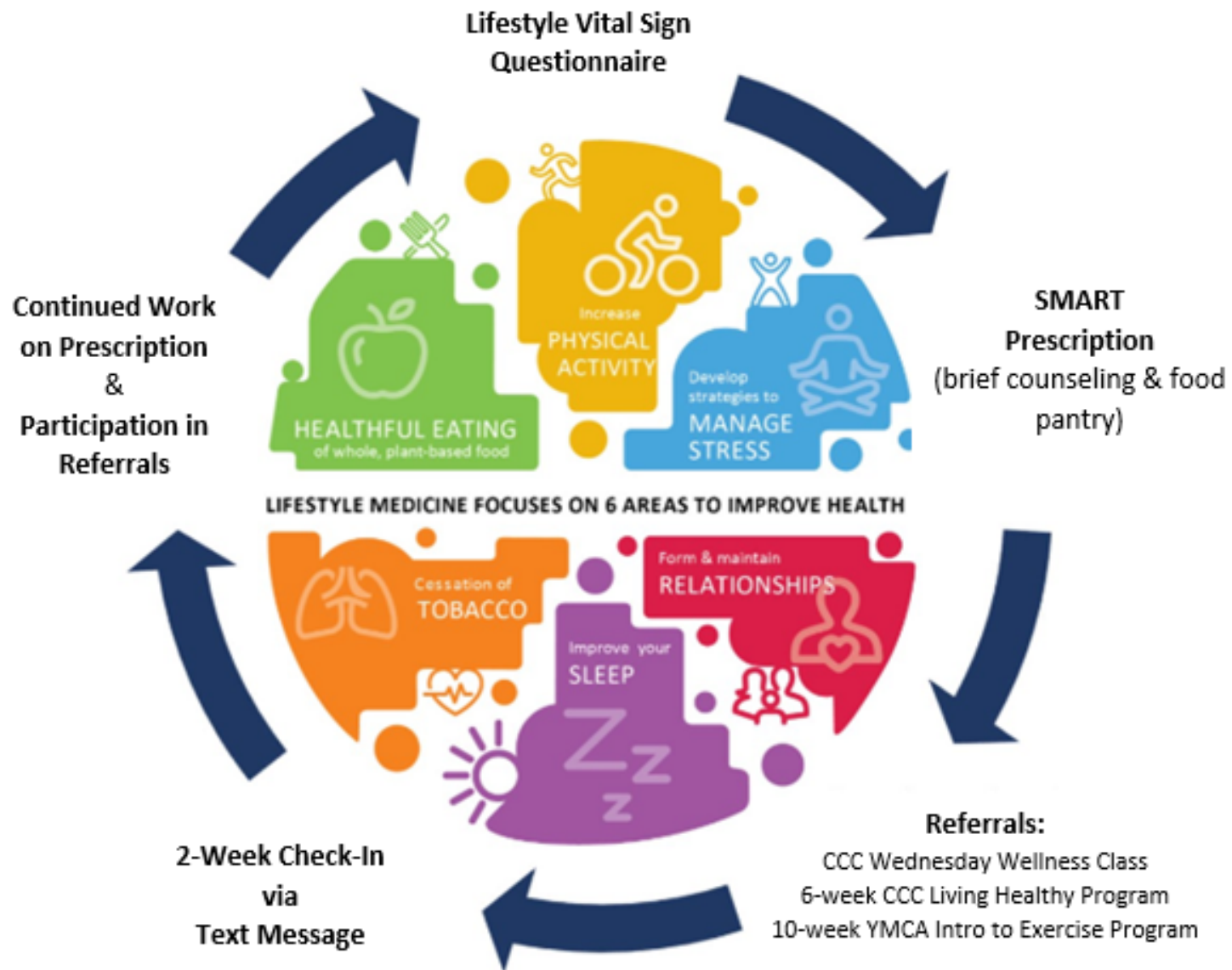


# Lessons Learned

- **Assessments:**
  - Shorten LM vital sign assessment; administer each visit.
  - Remove duplicated data; explore health record reports.
- **Prescriptions:**
  - Scale back down to physical activity, nutrition, tobacco.
- **Referrals are key to support providers.**
  - YMCA partnership, weekly walk/talk group, monthly cooking class.  
Patients need more peer support.
- **2-week check-in** -time consuming; moved to text messages.
- **Wellness Coach** – more effective for weekly group class versus individual counseling. No shows, few appointments.
- **Communication** – weekly team huddle to discuss patients.



# Revised Model







# Research/Resources

**Exercise is Medicine® Resources (includes healthcare provider guide and tools to implementation)**

[https://www.exerciseismedicine.org/support\\_page.php/resources/](https://www.exerciseismedicine.org/support_page.php/resources/)

**Exercise is Medicine® Reference List of Exercise is Medicine-Related Published Research**

[https://www.exerciseismedicine.org/assets/page\\_documents/ELM%20Research%20Articles%20Reference%20List.pdf](https://www.exerciseismedicine.org/assets/page_documents/ELM%20Research%20Articles%20Reference%20List.pdf)

**American College of Lifestyle Medicine** Board Certification for Physicians and other health professionals, tools/resources, education/training.

<https://www.lifestylemedicine.org/>



# Resources

**Cabarrus Health Alliance Physical Activity Resources-** Physical activity videos, brochures, resources

[www.cabarrushealth.org/376/Resources](http://www.cabarrushealth.org/376/Resources)

**Healthy Rowan Physical Activity Resources-** Physical activity videos, brochures, resources

[www.healthyrowan.org/physical-activity/local-resources/](http://www.healthyrowan.org/physical-activity/local-resources/)

**American Heart Association Infographics**

[www.heart.org/en/healthy-living/healthy-living-infographics](http://www.heart.org/en/healthy-living/healthy-living-infographics)

**Centers for Disease Control and Prevention. The CDC Guide to Strategies to Increase the Consumption of Fruits and Vegetables**

[www.cdc.gov/obesity/downloads/strategies-fruits-and-vegetables.pdf](http://www.cdc.gov/obesity/downloads/strategies-fruits-and-vegetables.pdf)

**30-second chair stand**

<https://www.cdc.gov/steady/pdf/STEADI-Assessment-30Sec-508.pdf>

**Physical Activity Guidelines for Americans**

[www.health.gov/our-work/physical-activity/current-guidelines](http://www.health.gov/our-work/physical-activity/current-guidelines)

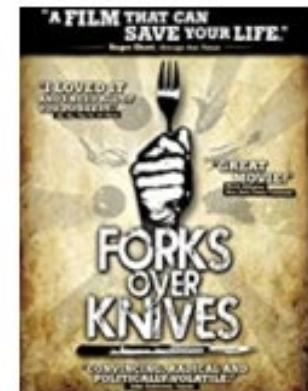
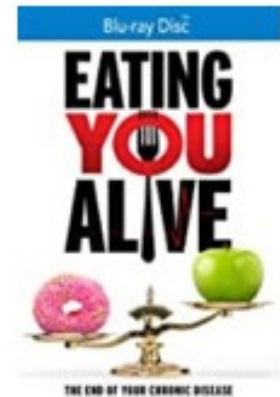
**Full Plate Living**

<https://www.fullplateliving.org/>





Resources  
to empower  
patients for  
at home  
learning





# Resources

## American College of Lifestyle Medicine - [www.lifestylemedicine.com](http://www.lifestylemedicine.com)

- Scientific articles
- Tools/resources – handouts
- Membership – additional resources, interest groups
- Education- webinars, trainings, courses, certifications

