

# exercise 4

Consistent, moderate activity is essential.

- Brisk walking
- Hiking
- Vigorous yard work/heavy cleaning
- 150-300 minutes of weekly moderate exercise is recommended
- Affordable workout programs at local gym

# mindfulness 6

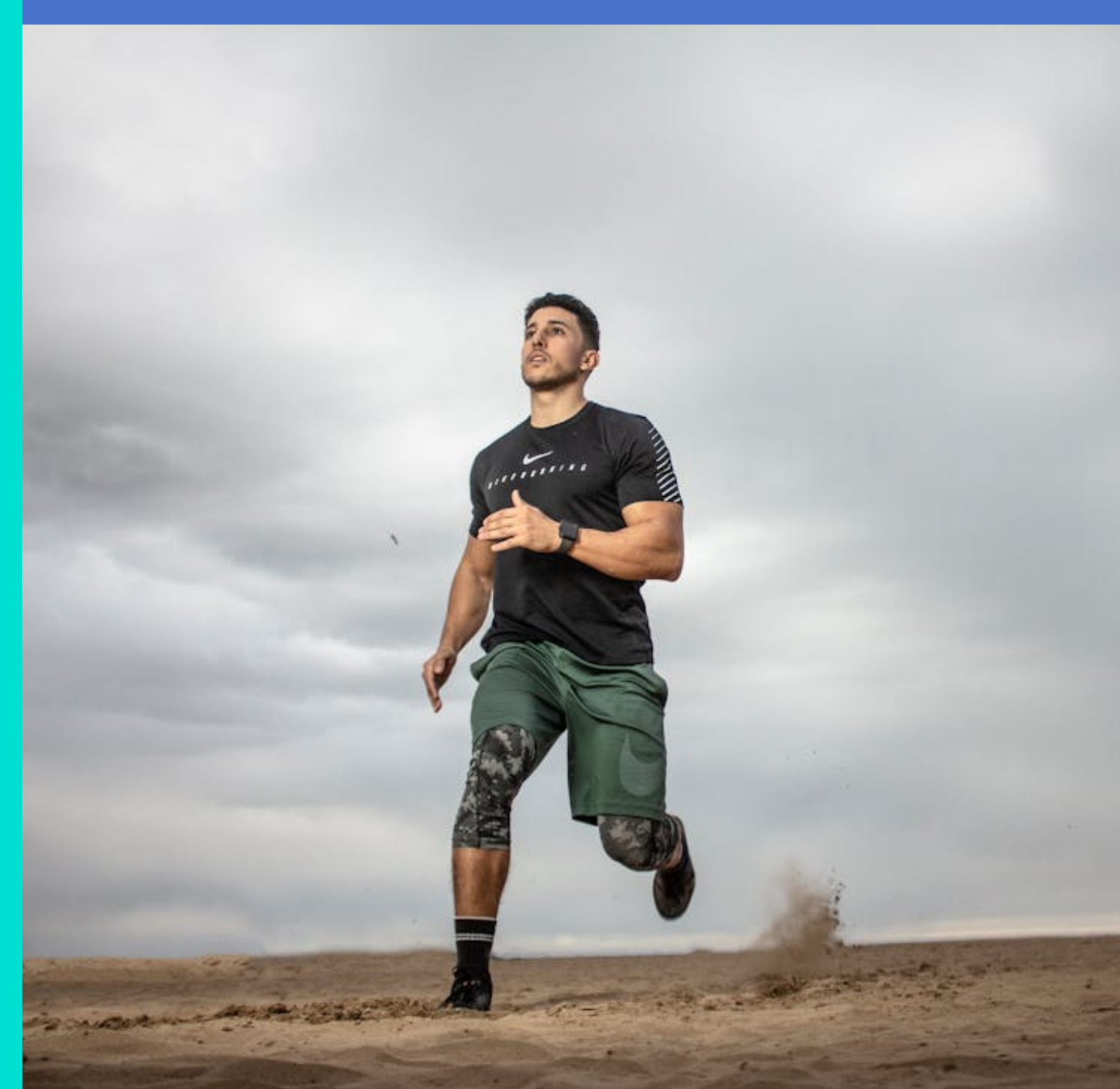
Stress costs the U.S. \$300 billion annually. Mindfulness aims to soothe this outcome.

- ✓ Mindfulness teaches acknowledgement of "the now", patience, and nonjudgement
- ✓ Practice mindfulness by evaluating your current stress reactions
- ✓ Increases resilience, self-esteem, and well-being
- ✓ Decreases in physical/psychological symptoms are observed



**MommyWise**  
A program of the Indiana Rural Health Association

# *lifestyle* medicine



# stress 5

Manage your stress through simple practices:

- Exercise, play music, meditate, etc.
- Develop your hobbies
- Consider your spiritual health
- Abstain from caffeine/alcohol during stressful moments

# nutrition 7

Eat well!

- Add vegetables, fruits, whole grains, and nuts to your diet
- Avoid sugary drinks, juices, and processed snacks
- Increase the amount of water you drink
- Create attainable nutrition goals for yourself such as adding fruit to your breakfast and eating fruit as a snack later in the day.

## What is lifestyle medicine?

Lifestyle medicine aims to incorporate practical and meaningful ways to live out healthy habits that link and coexist with established medical research and practice. Engaging in a healthy lifestyle provides individuals with better health outcomes and partners with preventive medicine and public health strategies to encourage strong, stable communities.

# sleep

2

It's 1/3 of your life, so:

- Expose yourself to sunlight
- Eliminate exposure to blue light from your phone/TV/computer
- Stop eating/drinking 3 hours before your scheduled bedtime
- Establish regular sleep and wake up times (alarms)



# water

1

## Water is life!

- Drink 11-15 8-oz glasses of water per day
- Not drinking enough water can lead to arteriosclerosis
- Don't wait until you feel thirsty.
- Your cells are already dehydrated, so continue to replenish your water levels!



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# no phone

3

Let your phone charge and sleep!

- Your phone screen emits blue light which decreases the amount of melatonin your body produces
- Melatonin is the hormone that controls your sleep-wake habits
- Aside from daily fatigue, damage to your retinas in your eyes can take place