

MONTHLY WELL-BEING NEWSLETTER:

LIFESTYLE MEDICINE – SMALL CHANGES, BIG IMPACT

Most of us know what we should do to stay healthy, eat better, move more, and manage stress more effectively. The hard part is actually doing it. That's where lifestyle medicine comes in. Instead of focusing on drastic overnight changes, it's about building small daily habits that add up over time.

Lifestyle medicine is grounded in scientific evidence showing that lifestyle changes can improve health outcomes and reduce the risk of chronic diseases. The approach encourages you to take an active role in your well-being, focusing on six key areas of concern.

Join Our Free Webinar

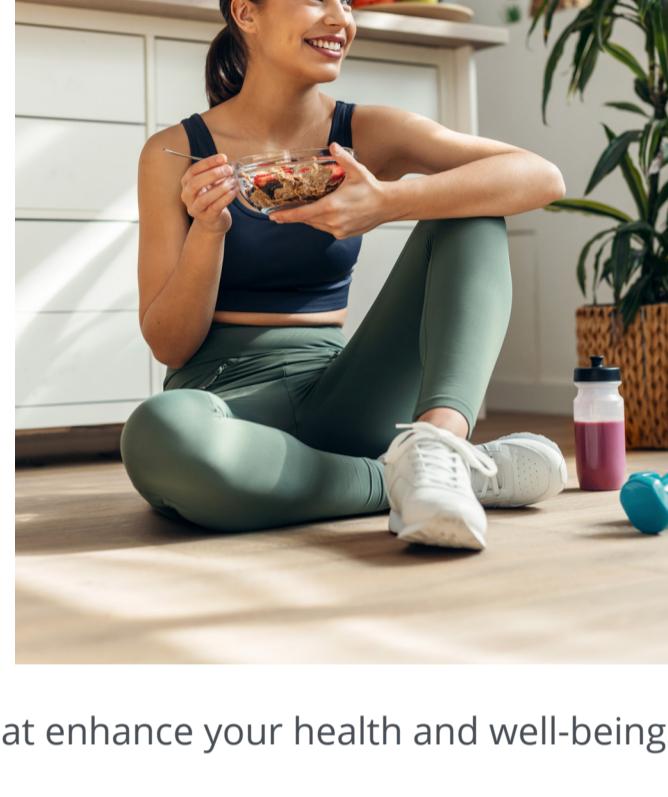
Lifestyle Medicine for Physical and Mental Health

We're hosting a conversation with Dr. Elizabeth Pegg Frates, a pioneer in lifestyle medicine and award-winning teacher at Harvard Medical School. She'll share practical strategies for making small changes that enhance your health and well-being.

All participants will be entered in a raffle to win her book, *PAVING the Path to Wellness Workbook*.

Webinar Date/Time: February 3, 2026 at 12:00PM CT

REGISTER TODAY!



The 6 Pillars of Lifestyle Medicine

According to the American College of Lifestyle Medicine, these six focus areas form the foundation of a healthier life:

Nutrition

- + Try this small change: Swap soda or juice for water throughout your day.

Physical Activity

- + Try this small change: Take 5-10 minute stretches or walking breaks during your workday.

Restorative Sleep

- + Try this small change: Create a wind-down routine—try reading, avoiding screens before bed, and setting a consistent bedtime.

Stress Management

- + Try this small change: Practice 5 minutes of deep breathing or meditation each day.

Social Connectedness

- + Try this small change: Call or text a loved one to check in, no special reason needed.

Risky Substance Avoidance

- + Try this small change: Track your alcohol intake for a month and plan alcohol-free days each week.

Remember, you don't have to tackle all of these at once. Pick one small habit that feels doable and start there. Once it becomes part of your routine, add another.

- + Your health doesn't have to change overnight. Taking small, consistent steps in the right direction can make a significant difference over time.

Want to Learn More?

- + Visit the [American College of Lifestyle Medicine](#); this site includes [videos on a variety of health topics](#)

- + Check out this short video on [Blue Zones](#), as well as the Netflix documentary, *Live to 100: Secrets of Blue Zones*

- + Here's a short [Kaiser Permanente video](#) on Lifestyle Medicine