

LIFESTYLE MEDICINE



**Rochester Lifestyle
Medicine Institute**

Rochester Lifestyle Medicine Institute (RLMI) is a
501(c)(3) non-profit organization
Teaching skills, not selling products...

What is Lifestyle Medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions to prevent, treat, and reverse chronic conditions including cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine is an evidence-based, whole-person, lifestyle change that gets to the root cause of disease. There are six pillars of lifestyle medicine as defined by the American College of Lifestyle Medicine:



Whole-food, plant-predominant nutrition



Physical activity



Restorative sleep



Stress management



Avoidance of risky substances



Positive social connections

80% *of all chronic diseases are due to lifestyle choices that you control*

What is a Whole-Food Plant-Based Diet?

Food is the foundation of a healthy life. A Whole-Food Plant-Based (WFPB) diet consists of eating a variety of vegetables, legumes (beans), grains, and fruits as close to their natural state as possible. It excludes all animal products (meat, poultry, fish, eggs, dairy), oil, refined grains, sweeteners, and processed foods.

WFPB nutrition is scientifically proven to be the healthiest way of eating and is a lifestyle rather than a diet. It can prevent and reverse the damage caused by the standard American diet and is a sustainable alternative to fad diets.



There are no restrictions on the amount of healthy food, no measuring or weighing food, no calorie counting, and no macronutrient (carbs, protein, fat) tracking!

Visit RochesterLifestyleMedicine.org to learn about programs that teach lifestyle for optimal health.

