



TRANSFORMING HEALTH ONE JOURNEY AT A TIME

PIVIO – THE COMPLETE HEALTH IMPROVEMENT PROGRAM - POWERFUL LIFESTYLE MEDICINE PROGRAM

- Experience a complete, whole-person approach to healthy lifestyle transformation
- Learn healthy, lasting habits for long-term results
- Build a support system with group sessions led by accredited behavior change coaches
- Discover how lifestyle medicine can be applied to your daily life
- Gain a comprehensive framework to pivot towards a healthier you



WHAT CAN YOU EXPECT ?

- 12-week program, consisting of 18 group sessions
- In-person and/or virtual options
- Engaging video series following the journey of real participants in Pivio
- Sustainable plan of action, built on six pillars of lifestyle medicine:

- 🍏 Plant-rich eating pattern
- 🏃 Physical activity
- 👥 Meaningful social connections
- 🚫 Avoidance of risky substances
- 🛌 Sleep and rest
- 🌿 Stress management

THE 12-WEEK PIVIO EXPERIENCE



WEEK 1
Lifestyle is the Best Medicine



WEEK 2
Optimal Eating



WEEK 3
Optimal Activity



WEEK 4
Optimal Rest



WEEK 5
Fiber, Your New Best Friend



WEEK 6
Building Health for Life



WEEK 7
Relationships & Social Support



WEEK 8
Habit Hacking



WEEK 9
The Power of Plants



WEEK 10
Mastering Motivation



WEEK 11
Breaking Down Barriers



WEEK 12
From Surviving to Thriving

KEY PROGRAM FEATURES

- Health status assessment and biometric lab work to establish baseline and set personal goals
- User-friendly web application serving as hub throughout program
- Group sessions led by Pivio-trained facilitators
- “Edutainment” style video content teaching how to sustainably apply lifestyle medicine and healthy habits in everyday lives
- Impactful content on behavior change techniques
- Multitude of additional resources to support your journey:
 - Journal
 - Cookbook
 - Articles
 - Fact Sheets
 - Explainer Videos



I FEEL LIKE I'VE BEEN GIVEN THE TOOLS TO START MY NEW LIFE.



After beginning the Pivio program, I feel empowered. In three weeks I lost 10 pounds, and continue to lose more weight as I maintain the journey at home. This has become my lifestyle, and I am very happy with it.

My cholesterol levels have already been dropping pretty significantly. I'm now only taking one blood pressure pill three times a week. When I'm healthier I feel more confident, I can move around better, and I can affect other people's lives more positively in the healthcare field."

- Tonya, 47



Rochester Lifestyle Medicine Institute

BEGIN THE PIVIO JOURNEY TODAY
with Rochester Lifestyle Medicine Institute