



# Lifestyle Medicine Summit

October 18-23, 2025

Get your **FREE Livestreaming Ticket!**

[www.lifestylemedicine.io](http://www.lifestylemedicine.io)

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## The Chronic Disease Epidemic

58%	HIGH BLOOD PRESSURE	42%	ANXIETY & DEPRESSION	27%	DIABETES & PRE-DIABETES
31%	LONELINESS & SOCIAL ISOLATION	37%	OBESITY & OVERWEIGHT	27%	POVERTY, FINANCIAL INSECURITY
31%	ARTHRITIS & CHRONIC PAIN	20%	ADDICTIONS & DRUG USE	47%	HIGH CHOLESTEROL
33%	VIOLENCE & ABUSE	29%	CORONARY HEART DISEASE	11%	ALZHEIMER'S & DEMENTIA



**80%** OF ADULTS HAVE 1+ CHRONIC CONDITIONS\*



**4 IN 10**

**\$11,201**

U.S. ADULTS HAVE TWO OR MORE CHRONIC CONDITIONS

THE NATIONAL PER CAPITAL AVERAGE TOTAL COST OF CHRONIC DISEASE IS



of every health care dollar goes to treating people with chronic conditions

1 of 10 individuals aged 5 to 24 years globally live with diagnosed mental disorders.

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Ask your healthcare provider about

## Evidence-Based Lifestyle Medicine

Preventing, reducing, and reversing Chronic Symptoms.

Establish new SMART lifestyle habits, build resilience:

### Avoid Risky Substances

- ▶ Minimize environmental, chemical toxins, smoking, alcohol, and other risky substances

### Stress Management

- ▶ Practice Mindfulness, Yoga
- ▶ Breathing, Energy Healing
- ▶ Let go of psychosocial stress

### Sleep

- ▶ Improve quality of sleep
- ▶ Get restorative sleep (7-9 hours)
- ▶ Create a sleep hygiene ritual

### Mindset

- ▶ Practice growth mindset
- ▶ Align values and life goals

### Nutrition

- ▶ Reduce artificial sugar
- ▶ Eat mostly plant-rich whole foods
- ▶ Improve the quality of carbs, proteins, fats

### Fitness & Exercise

- ▶ Consistent physical exercise
- ▶ Walking, Jogging, Weight Training
- ▶ Stretching, Yoga

Ideal if you want to feel healthier, happier & live longer

- ▶ Feel empowered; you are in charge.
- ▶ Health, relationships & life improve.
- ▶ Live longer with higher quality of life.
- ▶ Consciously practice new habits.

\* Evidence-based Lifestyle Medicine research shows that up to 80% of chronic health issues can be prevented, reduced, or reversed.

### Start by practicing Micro-Habits for 7 Days!

- ▶ Read food labels carefully.
- ▶ Write a food journal.
- ▶ Substitute sugary drinks with water.
- ▶ Eat moderately until 80% full.
- ▶ Breathe deeply while eating.
- ▶ Fast intermittently (like from 7pm to 7am)
- ▶ Exercise daily (like walking instead of driving).
- ▶ Stand up or walk while on phone calls.
- ▶ Take a 3-minute stretch break every hour.
- ▶ Make exercising easy and fun.
- ▶ Practice mindful breathing for 1 minute daily.
- ▶ Be aware of your stress triggers.
- ▶ Feel emotions consciously and let them go.
- ▶ Observe and reframe your habitual thoughts.
- ▶ Live your values (what's important to you).
- ▶ Write down one thing you are grateful for daily.
- ▶ Say "I Love You" daily to your family members.
- ▶ Be passionate about life. Live consciously.

Ask your Lifestyle Medicine Practitioner or Certified Health Coach for guidance and support.

IMPROVE ONE MICRO-HABIT AT A TIME

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## Vital Questions

### Ask Yourself

- ▶ What's my WHY? Why do I want to feel and be healthier, happier, and live longer?
- ▶ What motivates me to improve my lifestyle - one micro-habit at a time?
- ▶ Is my physician trained in Lifestyle Medicine?
- ▶ Does my healthcare provider offer Lifestyle Medicine options of care for me?
- ▶ Would a health coach help me stick to my healthy habits? Would my family and kids benefit too?

### Healthcare Providers

- ▶ Do I walk the talk and practice lifestyle medicine myself?
- ▶ Am I trained in evidence-based Lifestyle Medicine?
- ▶ Do I offer chronic disease solutions beyond managing and treating symptoms?

### Media

- ▶ Do I believe the Chronic Disease Epidemic is BIG NEWS?
- ▶ Should governors and presidential candidates commit to prioritize and invest in prevention & lifestyle medicine?
- ▶ Which experts do I want to interview in my magazine, radio/TV show or podcast?
- ▶ What if I could help thousands by sharing & educating?

## Resources

Lifestyle Medicine Summit  
[www.lifestylemedicine.io](http://www.lifestylemedicine.io)

Clinical Lifestyle Medicine AI™  
For healthcare professionals  
[www.lifestylemedicine.ai](http://www.lifestylemedicine.ai)

LM Degrees & Certifications  
[www.lifestyleprescription.tv](http://www.lifestyleprescription.tv)

Lifestyle Medicine Research\*  
[www.lifestyleprescription.tv/research](http://www.lifestyleprescription.tv/research)

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