



Program sites include:

- NYC Health + Hospitals/Bellevue
- NYC Health + Hospitals/Elmhurst
- NYC Health + Hospitals/Jacobi
- NYC Health + Hospitals/Kings County
- NYC Health + Hospitals/Lincoln
- NYC Health + Hospitals/Woodhull
- NYC Health + Hospitals/Gotham Health, Vanderbilt



For more information,  
scan the QR code or  
call 347-507-3695.

*"This program has literally saved my life.  
I have a whole new outlook on life.  
There were times that I was worried  
about being and staying on track.  
But the program thought of everything,  
they had a team of wonderful people  
right there with you to help each step  
of the way.*

*The bonus from this program is a new  
relationship with food, a new love for life,  
the compliments that I get about how  
I'm looking younger. I would tell anyone  
to love yourself and take part in a wonderful  
program that will improve your health."*

— BRENDA THOMPSON  
Bronx, NY

Live Your Healthiest Life.

**NYC**  
**HEALTH+**  
**HOSPITALS**



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**NYC**  
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**Lifestyle  
Medicine  
Programs**



## What is Lifestyle Medicine?

Lifestyle Medicine is the use of healthy lifestyle habits to prevent and treat common chronic conditions, such as type 2 diabetes and high blood pressure.



### Are you living with:

- + Type 2 diabetes
- + Prediabetes
- + High blood pressure
- + Heart disease
- + Health concerns related to excess weight

Our lifestyle medicine experts can help you reach your health goals.



For more information, scan the QR code or call **347-507-3695**.

## Lifestyle Medicine is simple and powerful therapy:



### NUTRITION

Choose whole plant-based foods (fruits, vegetables, whole grains, legumes, nuts, seeds).



### SLEEP

For adults, 7-9 hours of uninterrupted sleep per day is vital for physical and mental health.



### PHYSICAL ACTIVITY

Regular and consistent exercise is essential for optimal health.



### STRESS MANAGEMENT

Enhance stress reduction techniques for improved wellbeing.



### SUBSTANCE USE

Avoid tobacco, excess alcohol, and other risky substance use.



### HEALTHY RELATIONSHIPS

Social connectedness is essential for emotional health and higher quality of life.

In our program, you will have access to our team of lifestyle medicine trained experts:

- + doctor and/or nurse practitioner
- + registered dietitian
- + health coach
- + exercise trainer
- + psychologist
- + community health worker



Our comprehensive programs last 6+ months and include:

- + Weekly group classes
- + Individual appointments
- + Classes on reading nutrition labels, grocery shopping, meal planning and preparation
- + Recipes and cooking tips/demonstrations
- + Exercise classes, including cardio, strength training and flexibility
- + Sleep and stress management techniques
- + Community of people supporting you