



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

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HOSPITALS



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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