



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed

EPISODE #8

**TITLE: The DIET & LIFESTYLE that Prevent & Reverse Chronic Conditions**

#### YOUR IN-ACTION EXERCISE

##### SELF-INSIGHT REFLECTION

Today's In-Action Exercise is a **SELF-INSIGHT REFLECTION** that explores including more plant-based foods in your diet.

Here are the six pillars of Lifestyle Medicine. Numbers 1-4 comprise Ornish Lifestyle Medicine.

- #1. A mostly fresh, whole food, plant-based diet**
- #2. Stress management**
- #3. Physical activity**
- #4. Social support**
- #5. Restorative sleep
- #6. Avoiding risky substances

For your consideration...

**Q1.** What are your thoughts about Lifestyle Medicine and its link to preventing and reversing chronic conditions?

**Q2.** Look closely at each element. How would you describe your lifestyle--right now--in terms of:

- (a) what you typically eat;
- (b) whether you're often stressed--or not;
- (c) regular physical activity;
- (d) connection with family, friends, and/or coworkers.

**Q3.** Would you benefit by making some changes? If "yes," write down one change--in diet, decreasing stress, moving more, and/or connecting with others--that you can do--starting TODAY or THIS WEEK.

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*Disclaimer: This In-Action Exercise is for informational purposes only. This In-Action Exercise is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.*