

Beginners Guide to Lifestyle Medicine

A science-based guide to improve
your health and happiness today!



PREKURE™



PREVENTION IS CURE

Welcome to the PREKURE Lifestyle Medicine Guide – your starting point to achieving optimal and sustainable health.

Grounded in the belief that prevention is the key to lasting wellness, this is your beginner's guide to a healthier, more fulfilling life. Uncover the transformative power of lifestyle medicine, your simple yet profoundly impactful prescription for wellbeing.

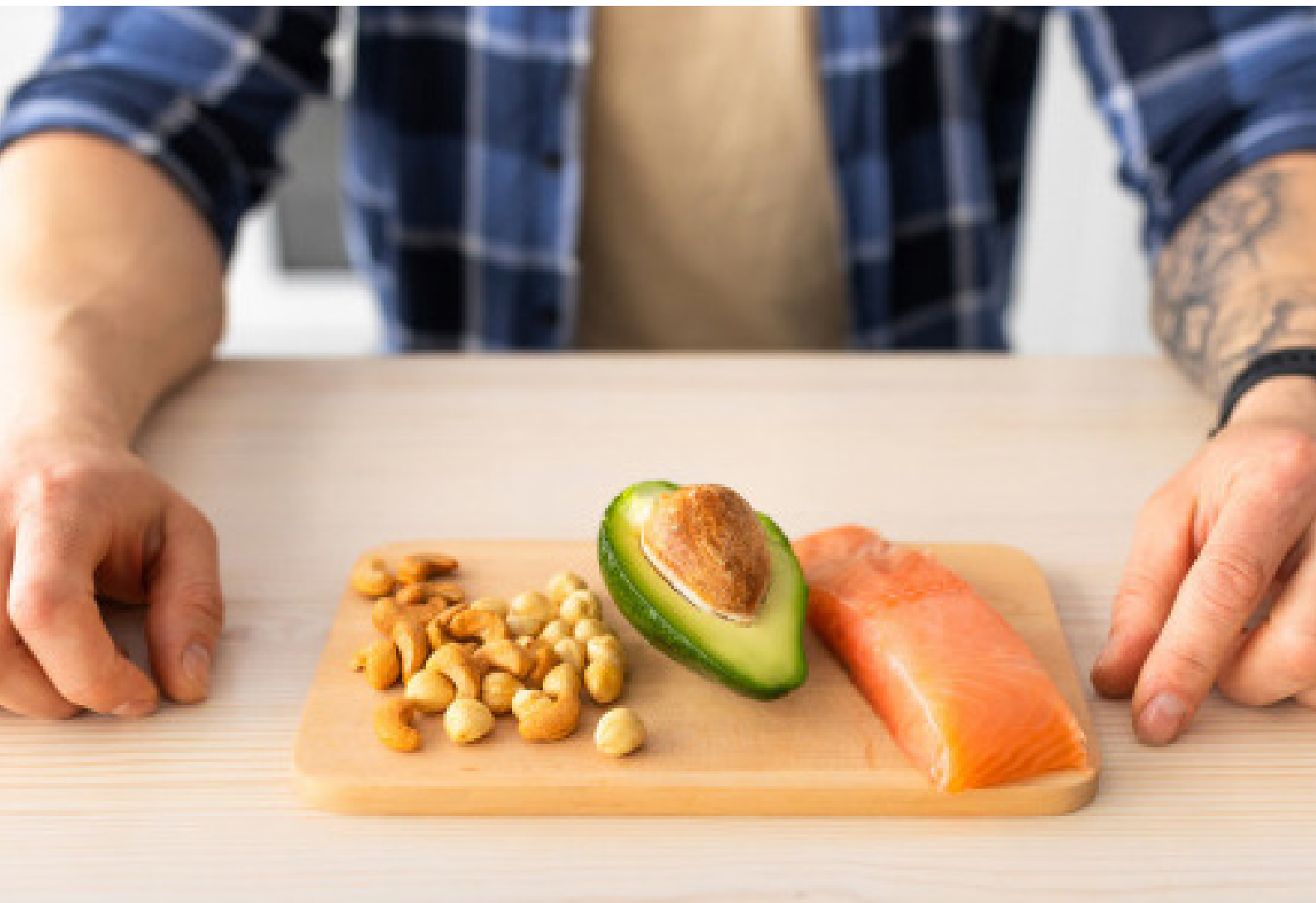
At PREKURE, we empower people to live healthy, happy lives. Discover our recommendations that form the basis of our Health Coaching philosophies, that food is medicine, fitness is medicine, sleep is medicine, and friends of medicine. Simple yet impactful, our recommendations are backed by the latest scientific research, proving that living well need not be complicated.

It's time to live your best life.



THE PREKURE FOOD GUIDELINES

Good nutrition is a foundational pillar of good health. Quality whole foods not only provide essential nutrients for bodily functions but also influences overall wellbeing, highlighting the profound impact of dietary choices on your short-term and long-term health. Food is medicine, it's all about real food for real people, based on real evidence. Kickstart your wellbeing and healthy habits by following these simple top 10 food guidelines.



NUTRITION GUIDELINES:

- 1 Enjoy nutritious foods every day that are whole and unprocessed.
 - Choose vegetables, fruit, eggs, meat, seafood, poultry, organ meats, dairy, nuts, seeds and legumes (as tolerated).
 - Favour traditional oils, fats and spreads over refined and processed versions.
 - Keep total sugar – especially added sugar – to a minimum in all foods and drinks.
- 2 Make the majority of your purchases foods that don't come in packages. If you do buy packaged foods, choose items with less than 5 ingredients.
- 3 Choose mostly locally-grown food and ethically-sourced food where possible.
- 4 Plan your time to make food and eating important in your life.
- 5 Prepare, cook and eat minimally processed traditional foods with family, friends and your community.
- 6 Eat your meals slowly and consciously with no distractions.
- 7 Enjoy treats on special occasions and without guilt.
- 8 Keep well hydrated: drink mainly water and drinks with minimal added sugar.
- 9 Keep more than half of your week alcohol-free. Don't drink alcohol if you are pregnant or planning to become pregnant.

THREE THINGS I'M GOING TO CHANGE:

1

2

3

THE PREKURE FITNESS GUIDELINES

Imagine if your doctor handed you a prescription that could lower your blood pressure, improve sleep, mood, and bone health, reduce stress and depression, and even lower the risk of cancer and diabetes. It might sound too good to be true, but it's not a pill – it's exercise. Clinical trials over the past 20 years have proven the myriad benefits of just 30 minutes of daily movement.

Movement is medicine, these guidelines are intended to help get you moving in a way that brings you joy. Exercise and movement are about taking care of your mind and body – they are a form of self-care that will extend your health span, improve your quality of life and physical function, and help prevent chronic disease. Challenge yourself to incorporate these top 6 movement guidelines into your daily life.



FITNESS GUIDELINES:

- 1** Organise your life to include lots of moving and less sitting.
- 2** Exercise in an easy (aerobic) way every day and whenever you can. Do as much as you can fit into your lifestyle, but keep it really easy.
- 3** Exercise in a very hard (anaerobic) way a couple of times a week, go hard but for not that long.
- 4** Lift heavy things (strength training) and use your body weight as resistance a couple of times a week.
- 5** If you are tired from exercise, have a rest. Recovering from the stress of exercise is how your body rebuilds and gets fitter.
- 6** To keep being fit and active, you should find something you enjoy and can do.

THREE THINGS I'M GOING TO CHANGE:

1

2

3

THE PREKURE SLEEP GUIDELINES

Sleep is your body's powerhouse, impacting cognitive function, emotional balance, and physical wellbeing. It is one of the most undervalued behaviours that affect your daily and long-term health, with poor sleep linked to all chronic diseases. We need good sleep hygiene – common behavioural sleep practices that you can include in your daily routine to enhance the quality of your sleep and contribute to overall better health and well-being. Here are our top sleep guidelines.



SLEEP GUIDELINES:

- 1 Get into a routine. Go to bed and get up at similar times.
- 2 Keep your bedroom cool, dark, and quiet.
- 3 Avoid bright light and caffeine before bedtime.
- 4 Keep electronic devices and screens out of your bedroom.
- 5 Make sure you get exposed to natural light, especially sunlight during the day.
- 6 Alcohol disrupts sleep, avoid too much alcohol.
- 7 Being active and physically tired helps with the quality and quantity of sleep.

THREE THINGS I'M GOING TO CHANGE:

1

2

3

THE PREKURE CONNECT GUIDELINES

Friends really are medicine. Research shows that actively participating in social connections positively impacts your wellbeing, including reduced stress levels, enhanced mental wellbeing, and even bolstered immune function. Cherish your friends, spend more genuine time with your mates, be interested in others, and actively contribute to your social circles. Take a look at six guidelines to help you connect daily.



CONNECT GUIDELINES:

- 1** Having a social network requires active work and giving of your time and resources. Everyone, especially you, benefits from this, but you must give.
- 2** Cherish your friends and hang out with your mates more.
- 3** Be interested in other people. Ask them questions.
- 4** Never underestimate who you are talking to.
- 5** Be kind whenever possible... it's always possible.
- 6** Smile, listen, say thank you.

THREE THINGS I'M GOING TO CHANGE:

1

2

3

DR LOUISE'S 5 STEPS TO CREATING HEALTHY HABITS THAT STICK



1 Know Your Why

Understanding the real reason behind why you want to make changes is crucial. Your "why" serves as a lighthouse, guiding you through challenging times. Reflect on your motivations, asking yourself why at least five times to uncover the driving force behind the change. Write it down as a constant reminder of your commitment.

2 Make It as Fun as Possible

Enjoyable habits are way easier to maintain, so keeping it fun is key. If a habit you're trying to build is challenging, try stacking it with something you really enjoy. For example, if you want to get into cold water swimming because you've read about the benefits, but you can't stand the cold, then maybe after your morning swim you meet your friend for a coffee at a local cafe. This way you've given your brain something to look forward to.

3 Make It as Easy as Possible

At PREKURE, we emphasise making the healthy choice the easy choice. Simplify your options by preparing in advance and creating go-to habits. For nutrition and exercise, have a few reliable choices that minimise thought and stress, making it more likely to stick with healthier alternatives. Establishing daily routines will make sticking to those habits easier.

4 Involve Other People

Support enhances accountability and motivation. Share your goals with others, forming a partnership or team with a shared purpose. Accountability is a powerful tool – whether through group fitness classes, a coach, or involving friends and family. Discuss goals with others, ensuring clarity on the when, how, where, and who aspects.

5 Track and Measure Your Progress

Tangible evidence of progress keeps you engaged. Use habit trackers, diaries, or calendars to record achievements. For measurable goals, track progress over time. Whether it's the number of days you've gone alcohol-free, or how many meals you've kept ultra-processed free, a visual representation provides the satisfaction of seeing your hard work paying off.

Lastly, remember that none of us are perfect. Evidence shows that being too restrictive is not sustainable in the long term. We all need to live a little, so try to live by the guiding principle that it's what you do 90% of the time that counts.

The power to a healthier, happier you is truly in your hands. It's time to live your best life.

About PREKURE

PREKURE is a social enterprise committed to revolutionising healthcare by training Health Coaches, Nutrition Coaches, Mental Health Coaches and upskilling health professionals in the latest approaches to preventative lifestyle medicine.

www.prekure.com





Beginners Guide to Lifestyle Medicine
Prevention is Cure | Lifestyle is Medicine
© 2024 PREKURE | PREKURE.COM | info@prekure.com