

## LIFESTYLE BY DESIGN SUGGESTIONS

### SUPPORTIVE HOME ENVIRONMENT

When you make the right changes to your home environment, you'll start making healthier choices without thinking about it. You will be able to make healthy decisions even when you've had a tough day at work and your brain is stressed, tired, or on autopilot.

The following suggested tactics demonstrate how each suggestion impacts the six lifestyle medicine components: Eat (E), Movement (M), Sleep (S), Destress (D), Avoidance of Risky Substances (A), and Connections/Positivity (C).

Suggested Tactic	Lifestyle Medicine Components					
<p><b>Redesign your kitchen, eating areas, and food choice options.</b> While there are many solutions to mindless eating and habitual dining out, most of them will go undiscovered because we don't look for them. Instead, we're too focused on the food and not on our surroundings and reasons for eating. We're too focused on eating less of one thing or more of another thing or satisfying a psychological or social need. The keys may be redesigning your kitchen and eating areas: Make healthier foods more visible and accessible on the counter; clean out the junk from your pantry; make it easier to cook by using a plant-based meals delivery service, cook together and eat together as a family, take time each week to create individual portions for snacks, schedule a fresh food prep day with your kids, and integrate games to engage your family and create excitement about healthy eating.</p>	E		S	D		C
<p><b>Create a "well-living" room.</b> Do you feel that you must go to the gym to get in a workout? You are not alone. Making time for the gym requires a large commitment of your already scarce time. Try blowing off the cobwebs from your treadmill, stationary bike, or elliptical and moving it to your living room (Eek!) or an open, bright, engaging location (not the basement), or rearrange the furniture to create an area to do stretching and yoga with your spouse or children. On days you don't get to the gym, hop on your treadmill or elliptical for a 10 to 20-minute moderate intensity cardio session to rejuvenate, read your favorite book or news feed, catch up on a streaming episode, or help your kids with their homework. Include some light weights concurrently to enhance muscle endurance without adding extra time. Equipment in sight keeps exercise in mind! Try adding some decorative touches to your equipment to match your room design and color scheme!</p>		M	S	D		C

## LIFESTYLE BY DESIGN SUGGESTIONS

Suggested Tactic	Lifestyle Medicine Components					
<p><b>Create a Do-Not-Disturb You Time Wellness Space.</b> Set up a room or part of a room as your personal wellness space where you can relax and rejuvenate. Start with 10-15 minutes throughout the day or in the evening. You may need to gather support from your family so they can help you enjoy your “You Time” when you “go to your room.” When setting up your space, collaborate with them to delegate tasks to others and set boundaries with your children and spouse/partner. Try to make it a wine/alcohol-free and electronic-device-free zone, use candles, relaxing music, or try meditation. Find what works for you.</p>		M	S	D	A	C
<p><b>“Amp Up” Your Chores &amp; Family Activities.</b> Use the Compendium of Activities list we discussed in the Movement section to amplify your daily chores and activities to increase your METs. Take up a new active/standing hobby or craft (2.8 – 3.5 METs), play an active board game with your kids (1.5 METs), play the drums (3.5 METs), or try out DIY home repairs (2.5-6.0 METs). Remember, when possible, choose standing instead of sitting and moving instead of standing still.</p>	E	M	S	D		C
<p><b>Take the Long Way.</b> Add a little extra movement to your day. When you get home from work, do a quick walk around the block before going inside (weather and safety permitting); every time you go up or down the stairs, take two laps; make a rule to take a lap around the house every time you do a certain activity (restroom, refill water, or check your phone); keep your phone on the other side of the room or in another room so you have to stand up and walk first before checking your email, texting, or receiving or making a call.</p>		M	S	D		
<p><b>Turn Wait Time into Movement &amp; Mindfulness.</b> Don’t just wait. While your coffee or tea is brewing do 10 squats, 20 heel raises, and 10 lunges (be sure to use proper form); during television commercials take a lap around the house or do some light stretching; dance while waiting for the microwave to beep; practice group gratefulness while getting your kids ready in the morning; and use “birthday-breath” relaxation (blow out your birthday candles, repeat until anxiety or impatience resolves) when your patience starts to wane.</p>		M	S	D	A	C

## LIFESTYLE BY DESIGN SUGGESTIONS

Suggested Tactic	Lifestyle Medicine Components					
<p><b>Clean it up</b>                      An important home environmental consideration I want to touch on is the use of and exposure to chemicals and carcinogens in cleaning products, air fresheners, skin and personal care products, makeup, plastics, tap water, lawn products, and pest care products, etc. You can find numerous plant-based, vegan, and nontoxic options for all of these. A big one for me was how to keep my dog safe - that's where I started. Research supports that synthetic air fresheners, carpet and floor cleaners, laundry detergents, and other toxic chemicals are linked to cancer and other neurological issues in dogs.</p>				D	A	

### SUPPORTIVE WORK ENVIRONMENT

Now it's time to think about your work environment – your primary office/work location or your home office if you work virtually. You most likely spend at least 1/3 of your day or more at work – not including getting ready and commuting time if you go to an office every day. You may not have control over some changes to your work environment. As a leader, you do have control over your attitude and how you structure your workday and interactions.

Like your home environment, when you restructure your workspace and workday, you'll start making healthier choices without thinking about it. You will be able to make healthy decisions even when swamped at work with back-to-back meetings and a never-ending to-do list. What other choice do you have? Think about the following suggested tactics and note how each tactic impacts the six lifestyle medicine components: Eat (E), Movement (M), Sleep (S), Destress (D), Avoidance of Risky Substances (A), and Connections/Positivity (C).

Suggested Tactics	Lifestyle Medicine Components					
<p><b>Be a Healthy Squirrel.</b> Do you squirrel away unhealthy food or snacks in your desk, have the candy dish on your desk, or often visit a coworker who does? Take a quick inventory of the snacks and candy you have in your office. Research supports that people who have candy in or on their desks weigh on average 15.4 pounds more than those who do not. Eliminate the snacks altogether or switch to healthier choices to start a new tradition.</p>	E		S	D		

## LIFESTYLE BY DESIGN SUGGESTIONS

Suggested Tactics	Lifestyle Medicine Components					
<p><b>Make Mindful Lunch Choices.</b> Do you sometimes snack mindlessly, habitually order take out when busy, eat lunch at your desk, or eat out for lunch daily? Research supports that those who purchased lunch out ended up with something a lot less healthy with more calories and tended to weigh more. Lunches are challenging at work. They tend to be used as social opportunities and client/business focused. The goal is planning to avoid quick, reactive decisions and staying mindful about your choices. Instead of daily, schedule lunch breaks out with colleagues twice per week and split the cost of using a plant-based meal service for lunch in the break room or outside the other days. Use tactics and strategies you’ve implemented for the Health Eating component of your plan – when you start cooking more, there may be more leftovers to pack for healthy lunches.</p>	E		S			C
<p><b>Consider Your Colleagues.</b> Research is beginning to support that three degrees of separation in your social network can impact health behavior and outcomes, such as obesity and happiness. That means your healthy behavior may influence a colleague and in turn influence that colleague’s family members or connections whom you never met, and vice versa! The bottom line is to hang out with healthy people who hang out with healthy people, who hang out with healthy people, and so on! This may be challenging within the context of our predominantly unhealthy culture. This may be where your “Wellness Nonconformity” can create friction. Think about the colleagues/friends at work you have lunch with or associate with most – do they exhibit healthy behaviors and support and encourage the health and wellness you desire? If not, you may need to make some adjustments and hard decisions, or even better, take the lead to inspire them to embark on their own health and wellness journeys.</p>	E	M	S	D	A	C
<p><b>“Amp Up” Your Workday.</b> Use the Compendium of Activities list we discussed in the Movement section to amplify your daily work activities to increase your METs. Use a standing desk ( METs), use an under-desk cycle ( METs), walk when on the phone (METs), hold walking meetings ( METs), use the stairs (METs), fidget/change position often while in your desk chair (METs), do a 10-minute desk workout ( METs), stretch for 5 minutes every hour ( METs), or do lunges down the hallway to get to your next meeting (not really, but if you have the courage and confidence, that would be cool – I do in my home office). As I mentioned earlier, when possible, choose standing instead of sitting and moving instead of standing still.</p>		M	S	D		C

## LIFESTYLE BY DESIGN SUGGESTIONS

Suggested Tactics	Lifestyle Medicine Components					
<p><b>Take the Long Way.</b> Add a little extra distance and movement to your workday. Park further away and on a level in the parking garage to take the stairs; take a lap around the office every time you do a certain activity (restroom or refill water); take the long way to bypass the breakroom and avoid snacking; keep your phone on the other side of the room so you have to stand up and walk first before checking your email, texting, or making a call.</p>	E	M	S	D		
<p><b>Turn Wait Time into Movement &amp; Mindfulness.</b> Don't just wait. While your coffee or tea is brewing do 10 squats, 20 heel raises, and 10 lunges (be sure to use proper form); stand while waiting for meetings to start; do 20 heel raises when waiting for the elevator, practice gratefulness every morning while on your commute; use "birthday-breath" relaxation (blow out your birthday candles, repeat until anxiety or stress resolves) when feeling stressed or rushed.</p>		M	S	D		