

Lifestyle Medicine Center

All the ways we can help achieve a healthier you!

What is Lifestyle Medicine?

Lifestyle medicine is a medical specialty that uses therapeutic lifestyle interventions as a primary modality to treat chronic conditions including, but not limited to, cardiovascular diseases, type 2 diabetes, and obesity. Lifestyle medicine certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle changes to treat and, when used intensively, often reverse such conditions.

Lifestyle Medicine Consultations with LM certified Physician: This offers an in-depth review of your lifestyle behaviors, assessing chronic disease burden, understanding the relationship between lifestyle behaviors and chronic diseases, and offering a personalized lifestyle prescription to improve your health and wellbeing. All these services are covered as a physician's office visit, billed to your insurance, and delivered either in-person or on a telehealth platform.

Whole Person Health Program: This program will focus on the whole patient by addressing both physical health and mental/emotional well-being through our top-rated and successful program, an intensive therapeutic lifestyle change program in combination with the Lift Project. We will offer a team-based approach using a shared medical appointment model to deliver this innovative program.

Pritikin Intensive Cardiac Rehabilitation: Heart disease is the No. 1 killer in the US. We are the only program in our area that offers an intensive cardiac rehab program for cardiac patients. It is a unique lifestyle program that provides the support and education you need to commit to a new and healthier lifestyle. It offers medically supervised exercise tailored to your current fitness level, Pritikin-exclusive workshops, cooking classes and education. Changing your lifestyle behaviors after having a cardiac event is critical in avoiding another cardiac event.

Health and Wellness Coach Service: We realize that sometimes we need more than just a prescription to manage our health. That is why we offer a health and wellness coaching option to help you develop and implement a personal wellness plan. They highlight your strengths and help you set realistic yet achievable goals. We offer a variety of packages for this service with nominal fees.

Pivot Tobacco Cessation Program: Pivot is a self-paced program that helps people reduce or quit smoking, vaping, and other tobacco products. Pivot's non-judgmental approach has been proven to increase motivation and help people deal with the triggers that lead to smoking. Access Pivot through your smartphone - there are no classes, no phone calls and no pressure to quit. Best of all, Pivot is available free of charge for a limited number of participants currently.

The Lift Project: We are excited to offer an innovative, evidence-based wellbeing program. It is a program that uniquely brings together scientifically proven strategies drawn from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology. Research in positive psychology has expanded in the past three decades. One of the most exciting research areas is the effect of positive psychology activities on subjective wellbeing and our physical health.

EatLove Personalized Nutrition Prescription: EatLove is a nutrition system that provides custom meal recommendations to help build lasting, healthy habits around food. Individual nutrition prescription is created by a registered dietitian and the app offers more than 7,000 dietitian approved recipes.

Weekly Educational Classes: We know that it is not easy to make lifestyle changes, and that is why we offer ongoing education support by providing weekly educational classes and partnering with Healthy City, the non-profit organization which offers monthly potlucks, grocery store tours and cooking demonstrations.

For more information, call 432.221.5433 or email Lifestyle_Medicine_Center@midlandhealth.org.