

Adventist Medical Center Manila

LIFESTYLE is Medicine Intervention Program

Adventist Medical Center Manila is privileged to offer you an enjoyable and fruitful journey to better health -- the "LIFESTYLE is Medicine" Intervention Program, a six-week lifestyle modification course which aims to help you prevent and manage chronic diseases. This is an on-line learning experience made available to you within the comfort and safety of your home.



LIFESTYLE is an acronym for nine vital aspects of healthy living, the true remedies for today's overwhelming incidence of chronic diseases.



Laughter

A great stress-reliever and energy-booster.



Interaction

Better relationships pave the way to happiness and longevity.



Food and Fluids

Good nutrition is the foundation of optimum health and recovery from most chronic diseases.



Exercise

Regular exercise improves the circulation and lifts the mood.



Sleep

Healing and repair of damaged body cells take place while you sleep.



Temperance

Learning to have self-control is the key to making better choices.



Your Faith

Trust in divine power protects you from fear and anxiety.



Light

Sunlight promotes bone health, lowers blood pressure, and enhances mental health.



Environment

Nature supports the natural growth and development of humans and other living things.

PROGRAM BENEFITS

- Lowers blood sugar
- Lowers cholesterol
- Lowers uric acid
- Normalizes blood pressure
- Reduces unwanted weight
- Enhances immune system
- Restores energy
- Enhances sleep and endurance
- Improves mental health

Other LM Programs:

- ✓ LIFE for Corporate Wellness
- ✓ LM Kitchen Cooking Class
- ✓ Voice of Health at FB & Hope Channel
- ✓ Executive Check Up

To register visit our Facebook page: <https://www.facebook.com/lifestyle.med.dept>