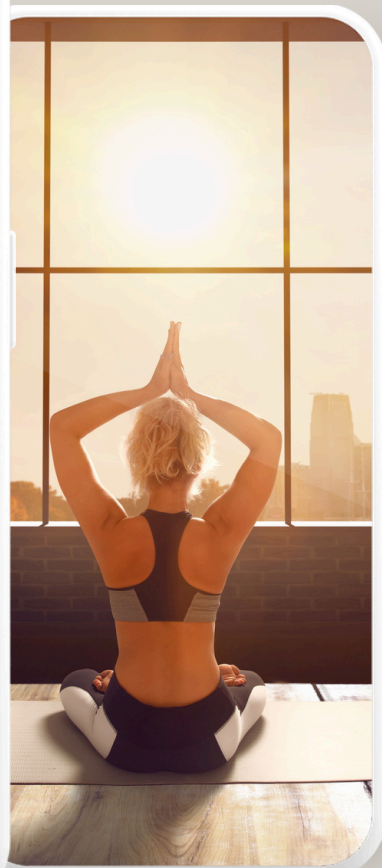


LIFESTYLE MEDICINE

GLP-1

A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.





Session 7:

Putting It All Together

The 10 Tools for Sustaining Healthy Lifestyle Change!

Which of the 10 Tools are worthwhile for you to prioritize toward maintaining your health and wellbeing?

1. Getting the facts: Continue to educate yourself on the Pillars of Health that are a priority to you

2. Getting inspired: Remember your Why!

3. Being a Role Model: Remember to be a role model for in yourself and others with health. _____

4. Tap into your resources: Share resources and continue to use your support connections. What and who are those resources?

5. Compare your actions to your values: Think about what is bringing you closer to your health and well-being vision and what are the things pulling you away (ACT Matrix, refer to session 4 above).

6. Make a Commitment: Making a commitment to yourself and others can assist you in accountability and forward movement (Continue your weekly and monthly Next Step/Goals). _____

7. Makeover your Negatives: This means talking to yourself like you would speak to your best friend! Without judgement and with kindness!

8. Drum up support: We all need that accountability or just someone with empathy to talk things over with (AKA. Group Health Coaching or Support People).

Making sure that we also share with our support person what is helpful and what is not.

9. Protect your Safe Haven/Environment(s): Which environment(s) do you need to protect? _____

How can you continue to support yourself?

10. Give yourself rewards: Changing our mind-set. Reminding yourself food is for nourishment and other positive things can be a treat or reward. _____

What are the Successful Changes I have made with Lifestyle and GLP1 Strategies?

My Eating Goal/Habit(s): I will honor and nourish my body by continuing to...

Write your answer here

My Movement Goal/Habit(s): I will continue to move my body regularly by...

Write your answer here

What are the Successful Changes I have made with Lifestyle and GLP1 Strategies?

My Wellbeing Goal/Habit(s): I will maintain my wellbeing habit of (sleep, self-care, managing stress)...

Write your answer here



Thank you!

Kinwell Resources and Support:

Other Lifestyle Medicine Programs include:

- Repeating the Lifestyle Medicine GLP1 program
- Lifestyle Medicine Diabetes Remission program
- Lifestyle Medicine Hypertension program
- Lifestyle Medicine Menopause program
- Lifestyle Medicine Intro to Nutrition program

Additional Kinwell Resources and Support:

- Kinwell Behavioral Health consultants
- Behavioral Health Virtual Coping Skills classes.
- Kinwell Lifestyle Medicine Health Coach one-on-one (at no cost)
- Kinwell Lifestyle Medicine Group Health Coaching (at no cost)
- The “Continuing the Journey” sessions on the 6 Pillars of Health
- Assisting Kinwell with our “feedback” Survey toward program growth
 - *Via Charter Strengths test at: viacharacter.org
- Getting a referral for a Registered Dietician

Please reach out to us at:
Kinwell Lifestyle Medicine
www.kinwellhealth.com

Or Lifestyle Medicine Patient Care Coordinator Lesley at: 509 213-4944

