



Your Lifestyle Action Plan Guide



The Threat: FALL is a F-Faulty A-And L-Lazy L-Lifestyle

Lifestyle risk factors are THREATs that increase risk of illness and threaten health & well-being. Lifestyle threats may increase muscle tension and strain, increase pain sensitivity and interfere with recovery. FALLs is a threat that can include;

- Poor sleep and daily fatigue
 - Unhealthy diet with lots of carbs, sugar, fast foods, and snacks.
 - Substance over-use including caffeine, alcohol, opioid pain meds, & other drugs
 - Working too much and hurrying or the opposite– inactivity and being sedentary
- Don't let your lifestyle FALL down!



The Solution: LEAP is a L-Lifestyle of E-Energy A-And P-Productivity.

These LEAP solutions can help you in many ways;

- Decreasing inflammation and sensitivity to pain
- Giving you more energy
- Encouraging healing & recovery
- Lifting your mood and optimism about your life
- Improve your functioning and physical capabilities
- LEAP into a pain-free future!



Your Lifestyle Action Plan: There are 3 steps to your action plan: Healthy HABITS, daily PAUSES, and CALMING practice. Each one is important to your lifestyle and shifting from pain and illness to health and well-being. Each has deeper meanings. Let's review them.



1) HABITs: H-healthy A-Actions B-Bring I-Improvement & T-Transformation.

Healthy HABITs mean taking at least 30 minutes of dedicated time each day to work on enhancing protective habits to decrease risk factors and relieve and prevent pain. Your Body HABITs should include 5 types of physical exercise each day;

- Restful sleep with healthy SLEEP routine, staying active, and limiting caffeine
- Pain-free diet by replacing carbs and sugar with fresh fruits, veggies, nuts, protein
- Avoid substance over-use including caffeine, opioids, sugar, alcohol, tobacco
- Stay active all day while avoiding hurrying, working too much, sitting, being sedentary
- Stay active natural & balanced lifestyle each day



2) PAUSE: P-Pause to A-Assess U-Understand S-Start new & E-Enjoy the moment.

Taking PAUSEs means taking a brief time-out for a few seconds to check-in during the day and notice what is your lifestyle right now in a non-judgmental way. A lifestyle PAUSE can review your diet, activity level, sleep last night, amount of sitting, and other activities. This is essential to living a life in the present and being mindful of protective actions that can enhance health and well-being.



3) CALM means C-Calming A-Actions L-Lift the M-Mind.

CALMING practice means spending a few minutes each day to do a brief relaxation exercise with deep breathing and focused attention to calm the mind and body. The many benefits to calming include seeing the benefits to a more healthy lifestyle, reducing brain sensitivity to pain, relaxing the muscles and nerves, reflecting on your life, and contemplation on how you will move forward in life within each realm.

