



# Lifestyle 180<sup>SM</sup>

*Reclaim your health*

IT'S TIME TO TURN YOUR LIFE AROUND.

Do you want to feel better? Look better?  
Actually *be* healthier?

**We can help with Lifestyle 180.**

If you are among the 25 million Americans with a chronic disease, your risks for death and disability are significantly higher than normal. More importantly, you are most likely coping with ongoing pain, fatigue, difficulty moving, sleep deprivation or other obstacles to a vibrant, healthy life.

Each year that passes without you taking charge of your health is an opportunity missed – an opportunity to feel good, look good, enjoy greater energy and feel less stressed.

**The good news is that if you are committed to making positive changes in your lifestyle, Cleveland Clinic's Lifestyle 180 program can teach you how to reclaim your health and vitality.**



## LEARNING TO TAKE CARE OF YOUR BODY

Lifestyle 180 will empower you with all the tools you'll need to embrace wellness. You'll experience the benefits of healthy living first-hand. Our initial program lasts six weeks with shared learning and support. Groups of 10 to 16 people will engage in four-hour sessions twice a week, in a stress-free setting with kitchen and exercise facilities.

What makes Lifestyle 180 stand out is its blend of evidence-based medicine and a group wellness experience. When required, our medical wellness experts will guide you on setting specific, achievable goals for your personal health and well-being. You'll benefit from important feedback they'll provide on your progress.

Lifestyle 180 addresses the three components of a healthy lifestyle: nutrition, exercise and stress management:

- 1 Nutrition/Cooking** – A Cleveland Clinic registered dietitian will offer nutrition education. You'll take a group field trip to the store to learn to make healthy selections up and down the grocery aisle. In hands-on kitchen skills sessions, our certified chef will guide you and teach you how to keep the taste in while keeping unhealthy ingredients out. You'll learn that healthful cooking can – and must – taste delicious!
- 2 Exercise** – Our Cleveland Clinic exercise physiologists will customize workouts for you involving walking, resistance training or other physical activities. You'll learn exercises that you can easily continue at home with hand weights, exercise balls and stretch bands.
- 3 Stress management** – You'll learn and practice stress management techniques with our experts until you master them. Our certified Yoga instructor will teach you simple postures and breathing exercises to help you unwind.

After you complete 12 four-hour sessions, you'll participate in five follow-up sessions over the next year. You'll then be eligible for additional sessions in subsequent years.

## MAKE A SOLID INVESTMENT IN YOUR HEALTH

We invite you to share in this experience that will have a lasting impact on your life. You deserve it! And we promise that learning how to take care of your body will be fun. While not yet covered by many insurance programs, this program will offset increasingly high co-pays for doctor visits and medications.

Turn your life around with the help of our experts in a program tailored to you. Call [877.331.WELL \(9355\)](tel:877.331.WELL) toll-free or email [lifestyle180@ccf.org](mailto:lifestyle180@ccf.org) to reclaim your health with Lifestyle 180.

## *Proven benefits*

Lifestyle 180 offers a unique approach to wellness. Our user-friendly program incorporates findings popularized by Drs. Dean Ornish, Caldwell Esselstyn Jr., and Mike Roizen, which prove that lifestyle management reverses disease.

Following patients for five years, Dr. Ornish found that those who focused on diet and exercise and enjoyed group support were able to:

- reduce their waistlines and blood pressure
- “turn off” genes that promote cancer
- increase sleep quality
- boost energy
- reduce LDL (“lethal”) cholesterol and raise HDL (“healthy”) cholesterol

Similarly, Lifestyle 180 improves quality of life for patients with chronic illnesses such as cardiovascular disease, multiple sclerosis and prostate cancer. Our participants have reported experiencing less pain and better mobility. Imagine what you stand to gain by reclaiming your health with Lifestyle 180!

To learn the benefits that Lifestyle 180 offers for specific diseases, such as cardiovascular disease, multiple sclerosis and prostate cancer, log onto [clevelandclinic.org/lifestyle180](http://clevelandclinic.org/lifestyle180).