

## Obesity & Lifestyle Medicine Round Table Discussions



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## Conflicts of Interest

- None

## Definition of 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 change to treat and, when used intensively, often reverse such conditions.** Applying the six pillars of lifestyle medicine—a whole-food, plant-predominant eating pattern, physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connections—**also provides effective prevention for these conditions.**"

## The Pillars of Lifestyle Medicine



**NUTRITION**  
**PHYSICAL ACTIVITY**  
**RESTORATIVE SLEEP**  
**STRESS MANAGEMENT**  
**SOCIAL CONNECTION**  
**AVOID RISKY SUBSTANCES**

## Round Tables – Brief Overview

- Table 1 – Nutrition
- Table 2 – Stress Management
- Table 3 – Women's Health
- Table 4 – Obesity Pharmacotherapy
- Table 5 - Physical Activity & Practicing Lifestyle Prescriptions