For the 100 million Americans coping with chronic conditions, higher risks of death and disability aren't their only concerns. Ongoing pain, fatigue, sleep deprivation and difficulty moving can also rob them of their zest for living.

Cleveland Clinic’s Lifestyle 180® Program can bring vibrancy back to those who seize the chance to take charge of their health. The program is aimed at arresting or reversing chronic conditions such as obesity, high cholesterol, high blood pressure, diabetes, non-alcoholic fatty liver disease, metabolic syndrome and early prostate or breast cancer.

Offered at our Wellness Institute campus in Lyndhurst, Ohio, the Lifestyle 180 Program stands out by blending evidence-based medicine with a group wellness experience. Our experts guide participants on setting specific, achievable goals to improve their personal health and well-being.

During the year-long program, you’ll be taught how to eat healthy, manage stress, optimize your exercise routine – and recover when you slip up. Our experts present a wide range of data to help you understand how lifestyle choices affect your health. Missteps are not treated as mistakes; they are treated as learning experiences and opportunities for change.
ARE YOU READY TO RECLAIM YOUR HEALTH?

How bad was it? My size 4X shirts were starting to get tight, my blood pressure and sugar readings were high and my cholesterol levels were about to let me experience “better living through chemicals.”

“How long will I have to take the meds?” I asked my doctor. “How long were you planning on living?” he replied.

With a self-imposed three-month deadline to lower my cholesterol by dropping a few (or more) pounds, I soon stepped on the scale to discover that I had, through hard work, willpower and dogged determination, managed to gain eight pounds. I knew I’d have to make some changes if I didn’t want to spend the rest of my life breathing like Darth Vader wearing a tight girdle.

I was skeptical at first about Lifestyle 180, thinking a bunch of “experts” who’d never been overweight in their lives would simply feed me information I’d been hearing – and ignoring – for most of my life. But all the experts had their own back stories that they willingly shared with our group. They all had a personal stake in the program. And they all knew the frustrations and realities of trying to make major lifestyle changes, whether by choice or by medical necessity.

I was astonished at how fast some of the positive results came after I began Lifestyle 180. After six weeks, my blood pressure, cholesterol, sugar and insulin levels dropped like rocks. After a year, I’d experienced miraculous improvement in my knees, back, arthritis, digestion, balance, blood work and many other nagging problems I’d acquired over the years.

By the end of the program, I’d lost 110 pounds – and I’ve dropped another 15 pounds since. My friends and family have marveled at my newfound “willpower,” but I’ll let you in on a little secret: I don’t have any more willpower today than I had before. Now I have knowledge and support. I enjoy my workouts. I feel much calmer thanks to stress management techniques and I enjoy food more today than I ever have in my life.

At 57, I’m studying to be a personal trainer and hope to help people struggling with the same issues I did. It’s really never too late. I think people my age think their problems are the result of the “aging process,” but no – it’s the lifestyle process.

When I was 55, I felt like I was 100. Now I feel like I’m 30 again. Life is a lot more fun and interesting when you’re not held back by poor health.

— Bob Keefe
WHAT’S THE PROOF?
After six months in the Lifestyle 180 program, participants’ lives have improved physically and psychologically and were maintained for 12 months. Participants’ report that their quality of life, including better mood, less perceived stress and enhanced perception of general health increased from 20 to 70%. Other proven benefits include:
• Average weight loss 15 pounds, or seven percent of body weight, with one third of participants loosing more than 10%
• Waist size and blood pressure decreases
• An average six percent reduction in LDL (bad) cholesterol, seven percent increase in HDL (good) cholesterol and 17 percent decrease in triglycerides
• Decreased need for medication use

“Participation in Lifestyle 180® program is aimed at treating chronic diseases through lifestyle modifications. Interactions between lifestyle and genetic factors cause the development and progression of a spectrum of chronic conditions, including obesity, type 2 diabetes mellitus, hypertension, cardiovascular disease and several types of cancer,” says Dr. Mladen Golubic, Medical Director, Cleveland Clinic Center for Disease Reversal and Lifestyle 180.

“For some of these major causes of death, more than 80 percent may be related to lifestyle factors,” he continues. “Without addressing the key underlying causes of modern chronic conditions, lifestyle factors, it is hard to imagine that we can make progress in alleviating suffering and reduce cost of chronic conditions in a long-term, sustainable fashion.”

HOW CAN YOU TAKE CONTROL?
Lifestyle 180 lays out a structured, systematic approach to three components of a healthy lifestyle – nutrition, physical activity and stress management – in a format that is attainable, practical and engaging.

The program teaches participants the things they can change:
• What you eat, the amount, when and why
• Activity/exercise levels
• Stress management
• How to address barriers to success

Lifestyle 180 also teaches participants to control what they can:
• Responses to daily challenges
• Attitude
• Boundaries (your own and others)
• Living out your adult self
HEALTHY LIFESTYLE COMPONENTS

Lifestyle 180 revolves around three mainstays of lifestyle medicine: nutrition, physical activity and stress management. We’ll teach you why they’re so critical to good health and offer tips on incorporating them into daily living.

NUTRITION/COOKING

Good nutrition isn’t about giving up certain foods – it’s about trading up for better ones. A Cleveland Clinic registered dietitian takes participants on a group field trip to the grocery store to learn how to make healthy selections and effectively read labels. To understand how to eat and enjoy eating healthy foods, our chef will guide you on keeping the taste in while keeping unhealthy ingredients out.

“If we truly want to improve our dietary habits, there’s no way around the kitchen,” says Jim Perko, an executive chef with Lifestyle 180. “Anybody who can read can learn to cook. It just takes some adventurous spirit, desire to experiment, and practice.”

“Your culinary adventures will start with learning how to buy the best foods and blossom under the guidance of our chefs, who will teach you knife skills and a spectrum of cooking techniques in our teaching kitchen so that you can be confident and time-efficient in your own kitchen,” Jim adds.

To make healthy eating a priority, the class will learn:

• Meal planning and preparation
• Portion awareness
• How to make nourishing choices at the grocery store
• Which foods to avoid, such as saturated and trans fats, sugar, simple carbohydrates and syrups
• How to cook with new healthy foods
• How to successfully navigate a menu when dining out
Recipe for Wellness: Lifestyle 180 Cauliflower Gold

Makes 8 servings
1 cauliflower, small florets
3 tablespoons extra virgin olive oil
½ teaspoon chili powder
1 teaspoon ground cumin
½ teaspoon turmeric
1 tablespoon garam masala
½ cup toasted course ground walnuts
Pinch cayenne pepper
3 tablespoons tomato paste
1½ cups vegetable stock

1. Lightly brown cauliflower in olive oil while agitating frequently (takes about 15 – 20 minutes) and remove.

2. To the hot pan add spices, lightly toast in pan (about 30 seconds), add vegetable stock to prevent spices from over-toasting, add tomato paste and mix well.

3. Add cauliflower, toss, sauté two minutes.

4. Add course ground walnuts, mix well and serve.

NUTRITIONAL INFORMATION
(PER ½ CUP SERVING):
Calories: 130
Saturated Fat: 1g
Sodium: 160mg
Fiber: 3g
Sugars: 3g
Protein: 3g
Cholesterol: 0mg
Carbs: 7g

NUTRITION NOTE: TIPS FOR VACATIONING

Taking a vacation is a great way to recharge your batteries, but remember, your physical health is just as important as your mental health.

Have you ever said, “I went on a cruise but only gained five pounds!” or, “I’m dieting now, so I can really live it up when I go on vacation next week!”? Most of us think that as long as we can still fit into our jeans once we get home, we’ll be fine.

But a little research and mindfulness can go a long way toward preventing additional vacation pounds – and regret. One vacation dining strategy to try is to ask where the healthier restaurants are in the area or where the nearest grocery store or farmers market is located.

“Restaurants are used to picky eaters – you can be one, too,” says Kristin Kirkpatrick, Registered Dietitian with Lifestyle 180. “Instead of asking for bread and butter, ask for olive oil … or better yet, ask for some sliced raw vegetables. Another easy way to cut calories but keep flavor is to ask for fish, poultry or meat to be grilled rather than fried.

“To keep portions under control but still sample new cuisines, try ordering two appetizers, instead of an appetizer and an entrée, Kirkpatrick adds. “You can ask the waiter for a to-go box when your meal is served – it’s an easy way to monitor your portions. Commit to placing half your order in the box to take home before you lift your first forkful. You’ll be surprised how often you end up with enough to make a second meal for another day!”

Fill your vacation with fun activities like hiking, biking, walking, running and yoga. But if you do fall off the wagon, remember to climb right back on when you get back home.
EXERCISE AND PHYSICAL ACTIVITY

During the Lifestyle 180 exercise classes you'll learn how physical activity affects your body and how it can offset the effects of chronic conditions or difficulties. The exercise classes are taught with attention to your current physical abilities and challenges.

Our Cleveland Clinic fitness specialist will customize workouts for you involving walking, resistance training or other physical activities. You’ll also learn exercises that you can easily continue at home with hand weights, exercise balls and stretch bands.

“Simple ways to incorporate fitness in your daily routine include using the stairs instead of elevators, and parking your car further from your destination and walk,” suggests Fredi Usher-Weems, Fitness Program Manager with Lifestyle 180. “Bottom line – get more steps any way that you can.”

Stair-climbing is a low-impact cardiovascular exercise that also boasts a low injury risk. To add more intensity to your stair workout, try speed walking or running up the stairs. Repeat as many times as your schedule permits.
Here are some other easy-to-do exercises to get you started:

1. BASIC SQUAT

Position: Stand with your feet shoulder width apart or in a comfortable position. Place your hands on your hips or by your side. Keep your core (abdominal) muscles tight and your chest filled.

Movement: Push your rear end out as if you are going to sit into a chair. Slowly bend your knees and shift your hips backward. As your thighs are perpendicular to the floor, slowly push back up to starting position. Repeat as many times as your schedule permits.

Benefits: Squats strengthen all muscles, not just the legs. They also improve flexibility and knee strength.

2. CALF RAISE

Position: Stand with your feet shoulder width apart or in a comfortable position. Place your hands by your side. Keep your core muscles tight. Relax your shoulders. Keep your knees straight and stiff but not locked.

Movement: Slowly, rise up on your toes. Your body should make a straight line from your ankles to your knees, hips and shoulders. Slowly lower yourself back down. Make each movement count. Repeat as many times as your schedule permits.

Benefits: Strengthens the lower body, improves balance and helps maintain ability to push off and accelerate while walking.

3. WALL PUSH-UP

Position: Face the wall, place your hands on the wall at a comfortable position and shoulder width apart.

Movement: Take one comfortable step away from the wall, keeping your hands on the wall and arms extended. If you are able, rise up onto your toes. Tighten your abdominal muscles and leg muscles so you move toward the wall with a straight and firm body alignment.

Now, slowly push away from the wall, making sure to push through the palms of your hands and keeping your hands on the wall. Keep a slight bend in your elbows. Do this in a slow and controlled movement. Begin with between four and 10 repetitions, then do as many as you can. Remember to listen to your body.

Benefits: Strengthens chest, shoulders, arms, back and abdominals. Helpful for activities such as moving furniture, pushing a lawn mower, opening doors or shutting drawers.
STRESS MANAGEMENT

Stress management not only makes you calmer, it helps prepare you to embrace your new healthier lifestyle. In Lifestyle 180, you’ll learn and practice stress management techniques with our experts.

Our certified restorative yoga therapist will teach you simple postures and breathing exercises to help you unwind. A behavioral health specialist will help you become more aware of your thoughts and feelings to release negative ways of thinking and believing.

“It may take some regular practice to develop a relaxation response instead of the fight-or-flight response, which we are all conditioned to do,” Jane Ehrman, Lead Behavioral Health Specialist for Lifestyle 180, says. “Once we get familiar with stress reduction techniques, it may take only a few seconds to remind ourselves to breathe and be fully in the present moment to relieve our stress.” Next time you jump into a project, take three deep breaths beforehand to help bring you into the moment.

Here are some other easy stress management techniques to get you started:

1. FOUR BY FOUR BREATH

Method: Take a slow, deep breath from the abdomen, through your nose, taking in an energy that feels good and comfortable. Exhale slowly through your nose, taking almost twice as long to exhale and letting go of anything that gets in the way of comfort. Then take a normal breath. Repeat the cycle four times – a slow, deep breath followed by a normal breath.

Benefits: Easy to master, the Four by Four technique helps you become more aware of your breathing and helps focus your thoughts in the midst of stressful situations.

2. CALMING BREATH

Method: Continue the Four by Four breath pattern with this addition: During the deep breaths, imagine breathing in an energy that feels pure and content. Breathe out any tension, tightness, discomfort, fatigue or random thoughts – anything that gets in the way of feeling comfortable and calm.

Benefits: Decreases anxiety by helping you focus your thoughts and access your calming response.
“Simple yoga postures, accompanied by breathing exercises, are proven stress-busters,” says Judi Bar, Lead Therapeutic Yoga Specialist with Lifestyle 180.

“Cutting-edge medical technologies were used to document the beneficial effects on brain structure and function in previously untrained people who learned and practiced daily meditation and/or yoga for periods as brief as eight to 12 weeks,” adds Bar.

Here are some easy-to-do yoga postures to get you started:

1. TREE POSE

Method: Hold onto a chair if you need extra support while balancing. Inhale and stand on right leg. Exhale as you bend left leg and bring your left foot to rest on your calf muscle. Gently gaze two feet in front of you. If you are balanced, bring your palms together at the front of your heart. Hold the pose for five breaths (inhalers and exhalers). Do the same with the opposite leg.

Benefits: Strengthens legs and improves balance and quiets the mind.
2. SITTING

**Method:** Sit down in a chair with your feet flat on the ground and point your toes forward. Line up your lower leg so your ankles are under your knees. Inhale and lengthen your spine. Bring your shoulders in line with your hips and your ears in line with your shoulders. Do not round your spine.

**Benefits:** Relieves tension from the spinal column and allows ease of breath.

3. SEATED SPINAL TWIST

**Method:** Sit up straight in the chair with your feet on the ground. Align your ankles so they are under your knees. Inhale and lengthen your spine up. Exhale, then twist and gently look over your shoulder. Hold the twist for three breaths and then release. Do the same twist on the opposite side.

**Benefits:** Stretches the spine, shoulders and hips and massages abdominal organs.
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®.

Turn your life around and reclaim your health with the help of our Lifestyle 180 experts in a program tailored to you.

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INTERESTED IN ENROLLING?
Complete and submit your L180 program application form and see if you qualify for the Lifestyle 180 program. For questions during the application process, contact us at 216.448.8500 or toll-free at 1.877.331.WELL (9355) or email us at lifestyle180@ccf.org.