

- At least 80% of illness is preventable, reducible and reversible all with a lifestyle approach
- Lifestyle medicine is an evidence informed field designed to prevent, treat and reverse lifestyle-related disease
- The lifestyle first method is a blueprint for happy, healthy living based on what Alka recognises to be the 10 key dimensions of health and happiness which we have every capability to change
- L = Life's purpose
- I = Identity
- F = Food
- E = Exercise
- S = Sleep
- T = Time out
- Y = Your connections
- L = Learning habits
- E = Emotions
- Motivation and Mindset, Commitment and Confidence are also important
- Health is not something that you can simply have. It's something that you have to do
- Health is something that you can learn, create and optimise
- H = Hold as your own
- E = Engage in your health
- A = Action it
- L = Learn it
- T = Target it
- H = Harness all of the energy that it gives you
- Take 60 seconds and take a blank piece of paper and write out what matters to you, and what sort of person you are. Then turn all of these things into positive affirmation statements e.g "I am calm. I am kind"
- Then remind yourself of this and say this throughout the day
- Habits are the bedrock of change

- C = Be Consistent - do a simple thing every day to build a healthy habit
- H = Find a Hook for your habit. Every habit depends on a cue and a reward. This is what makes habits automatic
- E = Creating the right Environment for success
- E = Evaluating your progress. Track it using an app or a habit tracker sheet
- R = Expect roadblocks, but plan for them
- Take the LQ test, and take that one step to happier, healthier living: <https://dralkapatel.com/lq-quiz/>