CONTENTS

A Letter From the President	3
About ACE	4
Glossary of Key Terms	6
Chapter 1: Understanding the Basics of Lifestyle Medicine	9
Chapter 2: Pillar #1: Exercise	15
Chapter 3: Pillar #2: Nutrition	31
Chapter 4: Pillar #3: Mind-Body Health (Stress Management)	53
Chapter 5: Pillar #4: Sleep	71
Chapter 6: Pillar #5: Substance Abuse	79
Chapter 7: Pillar #6: Social Connection	
Chapter 8: Becoming an Agent of Change	
References	
About the Authors	

