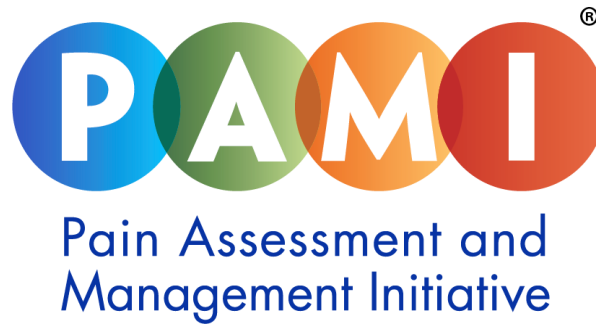


Benefits of a Healthy Lifestyle

Healthy lifestyle habits can help decrease pain and improve your quality of life. Let's explore small things you can do to better your eating habits, get moving, and improve your sleep quality.



We encourage you to talk to a healthcare professional before making any new lifestyle changes.



Contact us

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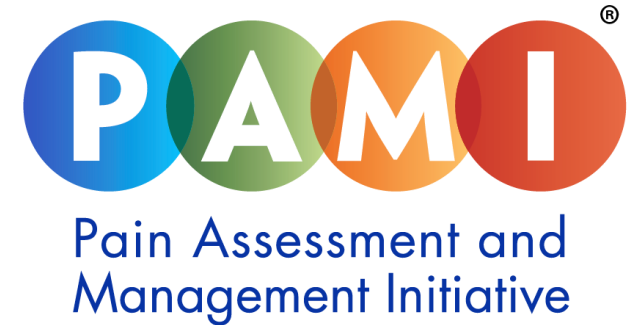
**Scan the QR code to visit
our website:**



Resources:

- <https://uspainfoundation.org/pain/selfmanage/>
- <https://www.myplate.gov/>
- <https://www.myplate.gov/myplate-kitchen/recipes>

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Healthy Lifestyle

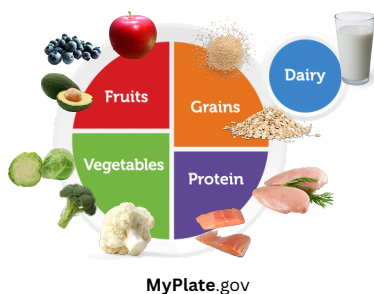
Let's Explore Nutrition,
Movement, and Sleep



Nutrition

Eating a balanced diet is important to lower inflammation, manage pain, and support our health.

There are 5 food groups that make up a balanced meal:



Fruits and vegetables: Can be fresh, frozen, canned or dehydrated. Try making a smoothie, vegetable stir fry, or adding vegetables to eggs.

Grains: Made from wheat, rice, oats, cornmeal, or barley. Try to add whole grains to your plate, like whole wheat breads, pastas, or brown rice.

Proteins: Made from seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products. Try to eat lean protein, like fish or chicken breast.

Dairy: Options include milk, cheese, and yogurt. Are you lactose intolerant? Try lactose-free dairy or fortified soy options like oat, almond, or coconut milk or yogurt.

Sugars: Try to lower your sugar intake by eating fresh fruits and vegetables. Try drinking water instead of soda and eating apples and peanut butter instead of cookies.

Movement

Moving your body can have many health benefits, such as losing weight, improving stress, and helping reduce pain.



Start slow

Try walking around your neighborhood before or after a meal for 10-15 minutes



Pick an activity you enjoy

Try walking, dance, yoga, or call a local community center to see what they have to offer



Make it fun

Invite a friend or group of people to join you. Put on a podcast or music you enjoy while you exercise



Build movement into the day

Park farther from a building entrance or take the stairs, if possible



Stay consistent

It takes weeks to build a habit! Try planning out ways to stay active each week

Sleep

Pain and sleep are closely related. A healthy sleep routine is key to improving pain and overall health. If you are having a problem with sleep, take time to think about your sleeping habits and the changes you can make.



Try

- Doing the same thing before bed
- Going to bed at the same time every day
- Waking up at the same time every day
- Using the bed for sleeping only
- Creating a dark room when sleeping
- Exercising during the day at least 2-3 hours before your bedtime



Avoid

- Watching TV in your bedroom
- Using electronic devices before bedtime
- Taking afternoon naps
- Eating fatty or sugary foods before bed
- Drinking caffeinated drinks 4 hours before bed