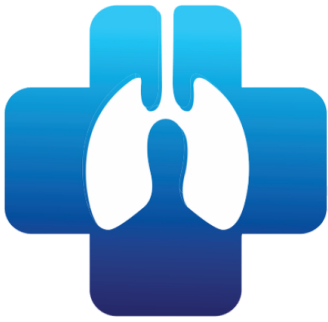




Advanced Respiratory & Sleep Medicine

SKAND Corporation

Pulmonary/Critical Care/Neurocritical Care/Sleep Medicine

105 N. Bascom Ave. Suite. 202 San Jose, CA 95128

P: (408) 993-1500 F: (408) 993-1521

Healthy Lifestyle Plan

1. **Prioritize Nutritious Breakfasts**

Begin each day with a wholesome breakfast. Options include:

- A green smoothie (e.g., spinach, celery, parsley, apple, or pineapple)
- Natural oatmeal (avoid instant or flavored varieties)
- Fresh fruit with nuts

Aim for 3–5 small meals per day, spaced approximately three hours apart. Avoid eating at least four hours before bedtime.

2. **Limit High-Starch Foods**

Reduce consumption of starchy foods, including rice, bread, wheat/flour products, potatoes, pasta, and both corn and flour tortillas.

3. **Moderate Oil and Animal Protein Intake**

Decrease consumption of oils and animal-based proteins, including turkey, chicken, pork, beef, fish, cheese, and cow's milk. Opt for healthier plant-based alternatives when possible.

4. **Avoid Fried Foods**

Eliminate fried foods from your diet. When using oil, opt for healthier choices such as olive oil.

5. **Increase Fiber Intake**

Support digestive health by incorporating more insoluble fiber into your diet. Excellent sources include:

- Lentils, beans, quinoa, buckwheat, seeds, nuts, oatmeal, and psyllium husk (e.g., Metamucil)
- Begin with small portions ($\frac{1}{4}$ cup daily) and gradually increase over time.
- Beans are particularly beneficial, providing fiber, prebiotics, probiotics, and protein.

6. **Emphasize Vegetables, Nuts, and Legumes**

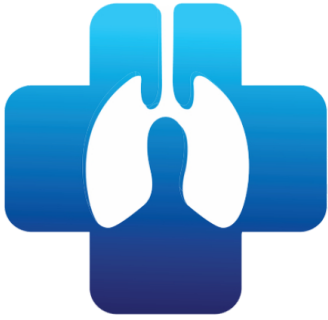
Incorporate a variety of vegetables, nuts, and beans into your meals to enhance nutrient intake and overall health.

7. **Eliminate Sugary and Caffeinated Beverages**

Avoid caffeine, juice, and soda. Instead, focus on increasing water intake to 1–3 liters per day for optimal hydration.

8. **Establish a Sustainable Exercise Routine**

- If new to exercise, begin with five minutes of daily walking and gradually increase both duration and intensity.
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- Each week, add five minutes and explore additional activities such as yoga, Pilates, tai chi, cycling, swimming, hiking, dancing, or aerobics.
- Make physical activity enjoyable by involving friends or family to stay motivated.

9. **Prioritize Restful Sleep**

- Establish healthy sleep habits by allowing at least **7–9 hours** of rest per night.
- Reduce screen time and exposure to bright light **1–2 hours** before bedtime.
- Create a calming bedtime routine, such as stretching, taking a warm bath, or practicing deep breathing exercises.
- Manage stress effectively, as chronic stress can hinder metabolism and weight loss.