

Outline

Lifestyle as the “Gold Standard” in Medicine

Today’s science for the pillars of well-being  
Evaluation and assessment techniques  
Nutrition, physical activity, stress & sleep  
Body composition and other weight loss myths

Hot Topics in Nutrition: Diet Wars, Supplements, and More!

Guide to macros  
Balancing a plate  
Hydration  
Mediterranean diet  
Plant-based vegetarian  
Keto  
Intermittent fasting  
Blood sugar regulation  
Weight loss  
Meeting unique patient needs  
Risks and limitations

Behavior Change & Making Habits Stick

Behavior change science – in action!  
Transtheoretical model of health behavior change  
Health belief model  
Habit Stacking  
Motivational interviewing  
Self-monitoring  
Growth/fixed mindset

Strategies for Sleep: Why Rest and Recovery is More Important than Ever

Stages of sleep  
Sleep quality  
Diseases and factors associated with poor sleep  
Jet lag  
Sleep hygiene & action steps  
Caffeine, alcohol, technology, and environment

Health Equity: Considerations for Underserved Populations

Social determinants of health  
Cultural sensitivity/cultural humility  
Community-engaged lifestyle medicine

Physical Activity: Not JUST for Weight Loss

ACSM recommendations  
Resistance training  
Cardiovascular exercise  
Flexibility  
Leisure time physical activity  
Mental health and movement  
Fall reduction  
Frequent movement & “movement snacks”  
Busting common exercise myths

Stress Reduction Techniques for the Modern World

Mindfulness-based stress reduction  
Positive social connection  
Digital habits  
Exercise

Apply Evidence-Based Practices to Improve Disease Management Outcomes

Diabetes  
Cardiovascular disease  
Chronic pain  
Women’s health  
Men’s health  
Older adults  
Mood & mental health

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2-DAY

Lifestyle as Medicine Conference

Practical Clinical Application to Enhance the Pillars of Health: Nutrition, Sleep, Physical Activity and Stress Reduction

Live Interactive Webinar

Wednesday & Thursday, September 20 & 21, 2023

Can’t Attend Live? Get the On-Demand Training!



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Live Online –or– On-Demand!

2-DAY

Lifestyle as Medicine Conference

Practical Clinical Application to Enhance the Pillars of Health: Nutrition, Sleep, Physical Activity and Stress Reduction

Featuring Nationally Recognized Well-Being Experts:  
**Christopher R. Mohr, PhD, RD & Kara Mohr, PhD**

- Treat and even reverse disease with effective lifestyle medicine techniques
- Implement ‘habit stacking’ strategies for long lasting behavior change
- Simple yet powerful techniques that easily fit into your treatment for patients of all ages
- Explore hot topics in nutrition! Plant-based, keto, supplements and more!

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Live Webinar Schedule <small>(Times listed in Eastern)</small>	
Day 1:	Day 2:
8:00 Program begins	8:00 Program begins
12:00-1:00 Lunch Break	12:00-1:00 Lunch Break
4:00 Program ends	3:00 Program ends
<small>There will be two 15-min breaks (mid-morning &amp; mid-afternoon) each day. Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.</small>	

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# Lifestyle as Medicine Conference

Lifestyle is discussed as the gold standard of health care...but behavior change is not easy. And very few clinicians have actionable tools that equip patients to make healthy habits stick long term.

Meanwhile, patients live in a world of well-being overload and are constantly bombarded with the “best” this and the “most optimal” that. The unfortunate result is that patients are left confused, falling off the bandwagon, or just... stuck.

**Learn a step-by-step framework and master this evidence-based, whole person approach to treat - and often reverse – up to 80% of chronic disease.** Led by nationally recognized wellbeing experts, Chris Mohr, PhD, RD and Kara Mohr, PhD, this course explores the relationship between lifestyle, behavioral and environmental drivers alongside major modern chronic diseases. You'll discover:

- Simple, yet powerful techniques that easily fit into your treatment session for patients of any age
- Sustainable change through mindset, nutrition, and fitness strategies
- Implement the powerful concept of ‘habit stacking’ for long lasting behavior change
- Treat and even reverse disease with effective lifestyle medicine techniques
- Solutions for diabetes, cardiovascular disease, mental health and more!

Transform your understanding of what mindset, vitality and healthy living can do to enhance your patient outcomes! With nearly immediate results and NO negative side effects, it's never too late to start! What are you waiting for? Register today to integrate lifestyle medicine into your practice and make healthy a habit.



*“Chris and Kara continue to impress me every time I hear them. They’re knowledgeable, entertaining and they understand their audience. I have seen 100’s of speakers from around the world; their ability to translate complicated topics into practical application is unparalleled.”*

- Louis Medero, President & Founder, International Coaches Institute, Madrid, Spain



*“You won’t find two people more dedicated to health and wellness than Chris and Kara. Their commitment never waivers and they never stop working towards helping people better themselves. I am always amazed by their continued creativity and drive to help people take a mind body approach to their health.”*

- Dana Angelo White, MS, RD, ATC - Dana White Nutrition, Inc. / FoodNetwork.com



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### Target Audience:

Nurses • Nurse Practitioners • Physician Assistants • Physical Therapists • Physical Therapy Assistants  
Occupational Therapists • Occupational Therapy Assistants • Chiropractors • Dietitians  
Exercise Physiologists • Strength and Conditioning Coaches • Athletic Trainers

## Meet Your Speakers



**Christopher Mohr, PhD RD**, is an internationally recognized subject matter expert and speaker around nutrition and well-being. He’s on the *Men’s Health* Magazine Advisory Board and has worked closely with some of the largest food companies and corporations in the world, including Deloitte, Delta Airlines, Johnson & Johnson and more, to help navigate the intersection of science and application among consumers. His expertise has had him present at the White House and CIA and he has presented in over 10 countries and almost all 50 states in the US.

He holds a doctorate in exercise physiology from the University of Pittsburgh, a MS in nutrition from the University of Massachusetts, is a registered dietitian and has a BS in nutrition from Penn State.

**Speaker Disclosure:**  
Financial: Christopher Mohr is a performance coach with Johnson and Johnson Human Performance Institute and receives compensation as an International speaker and consultant. He received a speaking honorarium from Jazz Pharmaceuticals. Christopher Mohr receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.  
Non-financial: Christopher Mohr serves as an advisory board member for Men’s Health Magazine and is a content creator and delivery for Well-Being Apps.



**Kara Mohr, PhD**, is an internationally recognized subject matter expert on mindset, mental health and behavior change. After earning her PhD in exercise physiology and working in academia and research for many years, Dr. Mohr has taken her learned expertise around these areas to apply this to the corporations and executives she works with as a content creator, subject matter expert and international presenter and keynote speaker.

Her recognition and notoriety in the areas of well-being has taken her to Thailand, London, Switzerland and many other countries and states throughout the US for clients like Deloitte, the American Heart Association and Marriott, among others. She is a sought after expert who has been quoted in the *NY Times*, *Wall Street Journal* and featured on numerous TV and radio shows.

**Speaker Disclosure:**  
Financial: Kara Mohr has employment relationships with EngagedIn, Signature Leaders, Deloitte, Johnson and Johnson Human Performance Institute. She receives a speaking honorarium from Jazz Pharmaceuticals. Kara Mohr receives a speaking honorarium from PESI, Inc. All relevant financial relationships with ineligible organizations have been mitigated.  
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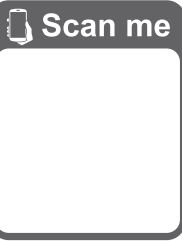


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