



Lifestyle Medicine Centre

Sydney Adventist Hospital



Transform your life with Lifestyle Medicine

Lifestyle Medicine is the therapeutic use of **evidence-based lifestyle interventions** that treat and prevent diseases by addressing the underlying causes of lifestyle disease rather than the symptoms. It is compatible with medicines and surgical intervention, but if used intensively, may prevent or reduce their need.

Today, the Lifestyle Medicine movement is gaining momentum worldwide with more people recognising that unhealthy lifestyle habits are at the core of most if not all

chronic diseases such as cardiovascular disease, diabetes, obesity and cancer.

Lifestyle Medicine recognises both the importance and difficulties of behavioural change. It is a process of developing new goals and new habits. That's where our team steps in. They are experts at understanding where you are in your journey, empowering you on **your journey to wholeness**, with the aim of less reliance on medications and more on the **benefits of healthy lifestyle choices**.



WELLNESS

EMPOWERING PEOPLE
TO WHOLE-PERSON HEALTH



Adventist
HealthCare

Who we are

ELIA stands for **Empower Lifestyle Innovation Advocates** and ELIA Wellness is a health promotion charity. The new and innovative **ELIA Lifestyle Medicine Centre** at the Sydney Adventist Hospital uses an evidence-based whole-person health approach to treating chronic illness.

We want you to live your best life! Our **highly-qualified interdisciplinary team** will educate, coach and enable you to achieve your wellness goals.

What we do

We understand how chronic illness affects the quality of life and **we care about helping you** to better health, healing and hope by coaching and supporting you on how to live well.

We want you to thrive in life, not just survive. **ELIA** empowers people to whole-person health through the **7 Dimensions of Wellness** so you can live a healthier and happier life with purpose:

1. **Physically Energised:** eating and drinking well, moving, resting and sleeping well.
2. **Emotionally Thriving:** having a positive mindset and outlook, emotional intelligence.
3. **Environmentally Attuned:** being in an uplifting physical environment.
4. **Intellectually Engaged:** keeping the mind healthy through learning and thinking.
5. **Socially Connected:** through a social network, engagement and relationships.
6. **Spiritually Empowered:** having hope, gratitude, purpose and meaning in life.
7. **Vocationally Enriched:** serving others with kindness and compassion.

Achieve whole-person health with the 7 Dimensions of Wellness



-  **PHYSICALLY ENERGISED**
-  **EMOTIONALLY THRIVING**
-  **ENVIRONMENTALLY ATTUNED**
-  **INTELLECTUALLY ENGAGED**
-  **SOCIALLY CONNECTED**
-  **SPIRITUALLY EMPOWERED**
-  **VOCATIONALLY ENRICHED**

How we do it

We provide **evidence-based Lifestyle Medicine** consultations, programs and interventions that address the root causes of chronic illness or disease. We work closely with GPs and specialists to extend the excellent care they give and support them with our Lifestyle Medicine expertise.

Our interdisciplinary team of Lifestyle Medicine doctors, registered nurses, health coaches, exercise physiologists, dietitians and psychological care will help support and coach you through the areas of nutrition, movement, mindset and connectedness.

We will help you **transform your life and health** through standalone individual appointments or the 12-week lifestyle change journey which includes in-person appointments, group sessions and online support through the Diabetes Lifestyle Plan.

ELIA Diabetes 12-Week Clinical Program

It's more than a program, it's a lifestyle journey to help keep you on track to achieve your goals. This **12-week clinical program** is evidence-based and our clinical support will help you:



Prevent, manage
or remit Type 2
Diabetes



Optimise your
weight



Reach your
health goals



Be empowered
to live your best
life



The Key Features of Lifestyle Medicine

- ✓ Emphasis is on promoting behaviour changes that allow the body to heal itself.
- ✓ Focus is on evidence-based optimal nutrition, stress management and fitness prescriptions.
- ✓ Patients are active partners in their own care.
- ✓ Treatment addresses the underlying lifestyle causes of disease.
- ✓ Professionals educate, guide and support patients to make behavioural changes.
- ✓ Medications are used as an adjunct to therapeutic lifestyle changes.
- ✓ Patients' home, community, social and work environments are assessed as contributing factors.

How to find us

The **ELIA Lifestyle Medicine Centre** at the Sydney Adventist Hospital is accessible by car or public transport.

If travelling by car, park in the P1 car-park, take the lift opposite the concierge to Level 1 and follow the signs to Suite 103.

Our opening hours are 9:00 am to 5:00 pm Monday to Wednesday and outside these hours by appointment only.

Contact Us

ELIA Lifestyle Medicine Centre, Sydney Adventist Hospital

Tulloch Building, Level 1, Suite 103, 185 Fox Valley Road, Wahroonga NSW 2076

p (02) 9480 6140 **e** clinic@eliawellness.com

The Trustee for ELIA Wellness ABN 23 384 623 487

A Division of Adventist HealthCare Limited ABN 76 096 452 925



EMPOWERING PEOPLE
TO WHOLE-PERSON HEALTH

