

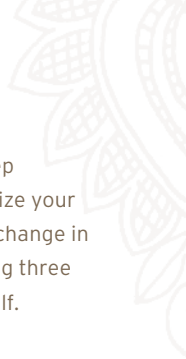
## HEALTH AND WELLNESS WORKSHEET

A Health and Wellness Visit is your introduction to The Center for Integrative Medicine. As you discuss your health-related goals with one of our physicians, use this worksheet as a guide to the services and self-care strategies we offer and how they can improve your personal wellness.

# UNIVERSITY OF COLORADO HOSPITAL THE CENTER FOR INTEGRATIVE MEDICINE HEALTH & WELLNESS WORKSHEET

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## WHAT ARE LIFESTYLE CHANGES?

Lifestyle changes, such as beginning a new exercise routine, changing your sleep habits or modifying other behaviors that affect your health, can help you optimize your personal wellness. While it's often easy to understand why you need to make a change in your lifestyle, it's more difficult to put these changes into action. Start by setting three Specific, Measurable, Attainable, Realistic and Timely (SMART) goals for yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## EXERCISE AND YOUR GOALS

Everyone can benefit from regular exercise. You should exercise for these reasons:

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Exercise doesn't always have to be intense and strenuous. If you're just beginning, it can simply be a walk around the block or marching in place during TV commercials. Following the FIT (Frequency, Intensity, Time) formula for exercise is a great way to reach the goals you create for yourself.

### **FREQUENCY:**

You should try to exercise as many days of the week as possible.

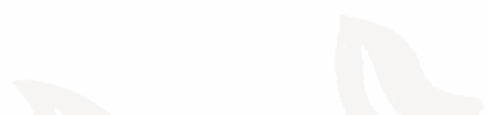
### **INTENSITY:**

Once you've reached your frequency and time goals, you should try to increase the intensity of your exercise.

### **TIME:**

Start exercising \_\_\_\_\_ minutes/day and every week increase by \_\_\_\_\_ minutes/day.

Your goal is \_\_\_\_\_ minutes/day most days of the week.



# SLEEP AND YOUR GOALS

Consistent, regular sleep is restorative and benefits both healthy people and those with illness. You should work on a good night's sleep for these specific reasons:

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These behavioral approaches can help you get a good night's sleep and wake up feeling refreshed:

- Go to sleep and wake up at the same time every day
- Don't nap
- Exercise
- Keep a pencil and paper next to bed for any thoughts or ideas
- Establish a comfortable and quiet sleeping environment
- Use the bed for sleep and intimacy only
- Don't eat, drink or exercise just before bed
- Avoid caffeine late in the day
- Avoid drinking alcohol excessively
- Try relaxation exercises or tapes

These medications/supplements/herbs may help you on a short- or long-term basis:

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You may have specific problems interfering with your sleep. Complementary and alternative medicine therapies (CAM) can help. If there is evidence of a specific sleep disorder, you may need further evaluation with a sleep specialist.

Specific recommendations for you:

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# RECOMMENDED CAM AND CONVENTIONAL THERAPIES

In addition to healthy behavior, lifestyle changes and conventional care, certain CAM therapies may be of benefit to you. Therapies recommended specifically for you include:

## CAM THERAPY

- ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE (TCM)
- CHIROPRACTIC
- HERBS AND SUPPLEMENTS
- MASSAGE THERAPY
- MIND/BODY THERAPY
- NUTRITIONAL COUNSELING

## CONVENTIONAL TREATMENT

- PRIMARY CARE FOLLOW-UP
- SPECIALIST REFERRALS:
- MEDICATIONS:

NOTES:

## CONTACT INFORMATION

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