



# TRI-STATE COLLABORATIVE

Our mission is to collectively tackle shared challenges in Lifestyle Medicine, fostering improved health and wellness across our Tri-state region.

VIRGINIA • WEST VIRGINIA • MARYLAND

[WECAREWV.COM/TRI-STATE](http://WECAREWV.COM/TRI-STATE)

## CORE FUNCTIONS:

- Identify needs across the Tri-state area
- Provide innovative solutions to barriers
- Promote implementation of evidence-based models and practices
- Equip community organizations with resources
- Share information
- Secure funding
- Evaluate efforts and measure outcomes

## LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

Lifestyle Medicine is an approach that emphasizes making positive changes in daily habits and behaviors to prevent and manage chronic diseases - focusing on adopting healthy practices related to nutrition, physical activity, stress management, sleep, and avoiding harmful habits.

By integrating these lifestyle interventions, individuals can enhance their overall health, reduce disease risks, and improve their quality of life.



## TARGET AUDIENCE:

- Individuals and institutions within 25 miles of area hospitals
- Individuals who can help identify community needs and solutions.
- Healthcare institutions such as hospitals.
- Community representatives such as local government, coalitions, city council health department, and other community partners.



ASSIST THE RECOVERING  
BRAIN THROUGH FOODS

# Feeding the brain protein



CAN HELP

Many people in early recovery switch their addictions to sugar.

This is due to the continued depletion of transmitters in the brain- the brain is actually starving! Reducing carbohydrates is also important; our bodies turn carbs into sugar. Eating sugar leads to mood swings, reactive behaviors, fatigue, cravings, and relapse/reoccurrence. Eating a serving of protein every 4 hours can reduce sugar cravings. Our brains are the drivers of ALL addictive processes and recovery.

**MORE RECOVERY TIPS:**

Drink plenty of water, exercise/take walks, and develop good sleep habits.

SALMON  
BROCCOLI  
CHICKEN (WHITE MEAT)  
EGGS  
BEANS (BLACK/LIMA)  
BEEF (LEAN)  
ALMONDS  
OATS  
TUNA  
PORK (ROAST/TENDERLOIN)  
CHICKPEAS  
TURKEY  
COTTAGE CHEESE  
PROTEIN BARS

BROUGHT TO YOU BY



Resource: [eatingproteinsaveslives.org](http://eatingproteinsaveslives.org)