

# Questions to ask about lifestyle changes

## Working with your healthcare team

Not all prescriptions are for medicine. You may be asked by your healthcare team to change your lifestyle and to start to eat differently, lose weight, get more exercise, or stop smoking.

Here are some **questions to ask your healthcare team\*** about lifestyle changes:

- How could lifestyle changes affect my chronic illness?
- How will this change improve my health?
- What might happen if I don't make this change?
- Can diet changes help reduce my symptoms?
- What foods shouldn't I eat?
- What foods should I eat?
- How much weight do I need to lose? How long should that weight loss take?
- What type of activity would be best for me and how long should I do it?
- Are there medications that could help me stop smoking?
- Could you suggest any support groups to help me quit smoking, alcohol consumption, or drug use?
- Can you refer me to a healthcare provider such as a nurse, dietician, or exercise specialist that can support me with my goals?



### Tips for making lifestyle changes:

- Set realistic goals and start small
- Think positively and be confident that you can change
- Make a plan
- Track your progress
- Be adaptable if things don't go as planned
- Reward yourself when you reach milestones
- Get support from your friends
- Expect to slip up (change takes time and effort)
- Get enough sleep
- Get regular check-ups with your doctor

*\*Healthcare team refers to patients, their caregivers, and healthcare providers that come together to plan and coordinate a person's care.*