

# An introduction to Lifestyle Medicine



## Course information

1 hour training session looking at how lifestyle medicine can potentially support and improve all your consultations.

## Outline content

- What is lifestyle medicine
- The pillars of lifestyle medicine (Health Eating, Mental Wellbeing, Healthy Relationships, Physical Activity, Reduction of harmful substances & Sleep) and upstream determinants of disease
- Why we need lifestyle medicine
- How we can effectively implement it, in particular through utilising understanding of the psychology of health behaviour change

## Speaker information

This 1-hour session will be led by Dr Alex Maxwell who is a valued member of the BSLM core team, School doctor and social prescribing Clinical Director for SocialIP, the Social Prescribing initiative in Croydon.

Alex is a GP, School Doctor, Social Prescribing Clinical Director, Lifestyle Medic and Sports Medic working in London. As a passionate Lifestyle Medic, he is involved with education through events, Student and Junior Doctor teaching and Conferences. He is Harrow School and Whitgift School doctor and absolutely loves these roles. He was amongst the first in the UK to do group consultations in Lifestyle medicine.

He is clinical director of Croydon SocialIP, the social prescribing endeavour in Croydon and is involved at a local, regional and national level with social prescribing.

Alex believes that Social Prescribing and Lifestyle medicine have unparalleled power to create real change in the UK's current healthcare system and is working to unite and promote the two.

## Course details

Course Provider	Venue	Date & Time
British Society of Lifestyle Medicine	MS Teams virtual session	Thursday 13 <sup>th</sup> October 12:30pm – 1:30pm

**To apply for this course please register at:**

**<https://www.eventbrite.com/e/an-introduction-to-lifestyle-medicine-tickets-373172608317>**