



MIND ▶ BODY ▶ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience



What is Integrative Health and Medicine?

Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being. Through personalized care, integrative health and medicine goes beyond solely treating symptoms of an illness or managing chronic disease. It seeks to optimize health over one's lifespan addressing the unique circumstances of the individual.

Hackensack Meridian Integrative Health & Medicine approaches care and service from our Five Pillars of Health and Well-Being.

Tips for Runners

Hackensack Meridian Integrative Health & Medicine's Five Pillars of Health & Well-Being:



Sleep: Quality and quantity of sleep is essential for the body and brain to heal, repair, and prepare for the next day. Sleeping disorders or not getting enough sleep can lead to many chronic illnesses.

Runner Tip: Aim to get your rest! Calm pre-race nerves that can keep you up at night by taking some time to focus on your breath, and taking three simple, deep breaths, or try guided imagery or meditations before bed. You can find free apps like "Calm" or "Insight Timer" to help you with sleep.



Activity: Physical activity is fundamental to the circulatory and respiratory systems and produces biochemicals such as endorphins that promote positive emotions and brain functions.

Runner Tip: Yoga can be a great way for runners to stretch before and after. Try downward-facing dog, runners lunge, triangle pose, pyramid pose and wide angle pose. To learn more about these poses, visit yogajournal.com/poses



Purpose: A sense of purpose is that which gives meaning to one's life. Having a reason to get up in the morning adds not only years to your life, but also life to your years.

Runner Tip: Why do you run? Who are you running for? Staying connected with your purpose for running can help you push through if you feel like giving up.



Nutrition: Food is the fuel by which our mind and body function. Proper nutrition helps keep people sustained through life's challenges.

Runner Tip: Hydrate, hydrate, hydrate! Aim to drink at least one-half of your body weight in ounces of water each day. Try adding fresh lemon and few pieces of whole mint leaves. Lemon can give you a boost from natural sugar and mint is a natural stimulant and helps with digestion.



Resilience: The ability to "bounce back" and adapt to adversity are the skills needed to respond to stress in order to thrive versus survive.

Runner Tip: What's your mantra? A mantra, or affirmation, is a positive statement you can tell yourself to shift negative thoughts. It can put you in a place of power by improving your mental toughness. How about, "I can do anything," or "I am strong."

To learn more, please call 732-263-7999, or visit:

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