



Be Well Suite

Lifestyle Medicine & Be Well Medical

*Lifestyle Medicine –
Proactive,
Preventative &
Personal to YOU.*



Become the CEO of your own health.

- Dr Mark Rowe

What is Lifestyle Medicine?

Lifestyle Medicine is the use of therapeutic positive lifestyle choices to treat, prevent and even reverse disease - lifestyle 'in' medicine. When the same health-promoting lifestyle choices maximise health and prevent disease, this is lifestyle 'is' medicine.

Rather than being an incidental 'add on' to prescription medicine, this is a 'lifestyle first' approach to the management of many chronic health conditions.

BeWell Medical

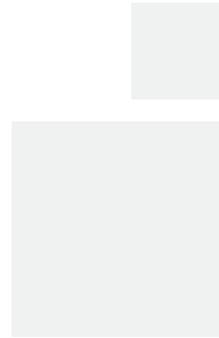
- **Proactive**
- **Preventative**
- **Personal to YOU**

*Our mission is enhancing **YOUR** vitality & wellbeing, enabling a life better lived.*

Our focus at the Be Well Suite at the Waterford Health Park is to optimise your health through an innovative 'lifestyle first' approach. By focusing on your current health habits and the power of lifestyle change to modify many related risk factors for inflammation and illness, we aim to help you better understand your current health profile.

The World Health Organization (WHO) defines health as 'a state of complete physical, mental, and social well-being and not merely the absence of disease.'

*If you want to change your life,
change your habits.*



What is a lifestyle medicine consultation?

This is a 60 minute consultation with Dr Mark Rowe who has a special interest and training in Lifestyle Medicine and is a Diplomate of the International Board of Lifestyle Medicine.

Based on the World Health Organisations definition of health as a state of complete physical, mental and relational wellbeing, AND the time-honoured principle of interconnection between the physical emotional, psychological and relational pillars of your health, Dr Rowe measures your overall level of vitality.

This vitality score forms the starting point in determining how positive lifestyle change can support you to make a positive difference to your long term health, wellbeing and satisfaction with life overall.

Areas that may be covered in the lifestyle medicine consultation vary depending on your specific needs.

Some of the following areas pertaining to your wellbeing can be explored:

- Strategies To Embrace Stress.
- Burnout Prevention.
- Building New Habits & Willpower.
- Using Your Strengths.
- Keeping a Journal.
- Embracing Simplicity.
- Meditation.
- Inner Happiness Boosting Habits.
- Positivity Ratios.
- Gratitude & Giving.
- Restorative Sleep.
- Exercise & Movement.
- Nutrition & Microbiome.
- Values.
- Connecting To Your Purpose.

This lifestyle medicine consultation becomes an opportunity to explore ways to build lasting improvements in your health, wellbeing and vitality.

Dr Rowe uses the principles of motivational interviewing to see how you can close what he calls your 'intention gap' (the gap between who/where you are right now and a better version of you) in terms of your health.



Who is the Lifestyle Medicine Consult Suited For?

If you are someone that is interested in benchmarking your health and improving some aspect of your physical, psychological, emotional or spiritual wellbeing. If you are interested in how your lifestyle can support higher degrees of energy and life success. If you are interested in exploring ways of enhancing your overall vitality then this lifestyle medicine consultation is a real option for you.

Most people have blind spots when it comes to longstanding habits that may not be so good for long term wellbeing.

Furthermore research from positive psychology shows that only about one in every five people are flourishing and living life at their best. Getting to that place can become a new starting point for enhanced levels of life success whether you want to define success by the quality of your relationships, career accomplishments, creativity, energy or your health.

A Lifestyle Medicine Consultation is separate to and not meant to replace the existing important relationship you have with your family doctor.

All recommendations are scientific and evidence based, backed up by leading research from Harvard Medical School and the Institute of Lifestyle Medicine.

The initial lifestyle medicine consultation lasts about 60 minutes and flexible appointment times are available to suit your needs.

Let Your Lifestyle Be Your Best Medicine.

What's Included in the Be Well Medical?

Lifestyle Medicine Consultation

PLUS

- Vitality Score.
- Personal & Family History.
- Health Habits Assessment.
- Stress Analysis.
- Physical Tests/Examination.
- Abdominal circumference.
- Blood Tests.
- Urinalysis - a urinary screening test for the presence of sugar or infection.
- Body Composition Analysis - Muscle Mass/Fat Scan.
- DEXA Scan - Considered to be the gold standard in terms of diagnosis/early detection of osteoporosis or thinning of the bones.
- ECG (Tracing on Heart).
- Blood Pressure
- Lung Function (Spirometry).
- Hearing (Audiogram).
- Eyesight (VDU) & Colour Vision.

PLUS

A detailed report summarising the main recommendations will be sent to you by post or email.

When size really does matter - muscle mass vs body fat.

Lean muscle mass is one of the leading indicators of healthy ageing. Our state of the art body composition analysis scan includes lean muscle mass AND body fat percentage. This identifies visceral fat which is harmful to your long term health.





How To Book An Appointment

For further information including corporate rates and to book an appointment email admin@rcgp.ie and our dedicated contact person will call you to make suitable arrangements.

Waterford Health Park,
Slievekeale Road,
Waterford City,
Ireland.

☎ 051 319 514
✉ admin@rcgp.ie

Pricing

Lifestyle Medicine Consultation: €250

Be Well Medical: €400
(including 60 minute Lifestyle Consultation)

**A percentage of the cost of your medical can be claimed back against your personal taxes at the end of the year.

Corporate Group Discount Rates available on request.



Corporate Enquiries

Corporate Be Well programmes can be tailored to suit your bespoke organisational needs. Actions speak louder than words. Become the CEO of your own health.

We provide:

- **Be Well Executive Medicals & Lifestyle Medicine Consultations**
- **Pre-employment Medicals**
- **Occupational Health**
- **Insurance Medicals**
- **Bespoke Wellbeing Workshops for Leadership Teams** (1/2 or full day); further details on request. These can address a wide variety of topics from Burnout Prevention & Embracing Stress to Cultivating Purpose and Vitality.
 - Understand The Connection Between Leadership And Your Wellbeing.
 - Learn Practical Tools To Build Resilience and Realistic Optimism; Why Your Mindset Really Does Matter.
 - Learn How To Harness Habit And Willpower For Your Benefit.
 - Inner Happiness - What It Is, Why It Matters And 'Ten Commitments' To More Fulfilment.
 - Connecting To Purpose, Your Inner Ikigai.

Please contact us directly and we can meet with you to explore what options best suit you and your organisations needs.



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Dr. Mark Rowe

Family Physician, Certified Lifestyle
Medicine & Corporate Wellness Expert
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Dr. Mark Rowe graduated from UCD Medical School in 1991. He is among the first medical professionals globally to be certified as a member of the International Board of Lifestyle Medicine. He is also a qualified Licentiate of the Faculty of Occupational Medicine.

He founded the Waterford Health Park in 2009 as a new paradigm for sustainable improvements in community health. The Waterford Health Park received the Global Health Improvement Award, 'A Place to Flourish.' He has authored two books to date including 'A Prescription for Happiness' & 'The Men's Health Book'. He also writes the GoodHealthTimes, a free quarterly newsletter with seasonal positive health messages. As an International Keynote Speaker, he has spoken extensively on the topics of 'Struggling With Burnout?', 'Wellbeing Wisdom' & 'A Prescription for Inner Happiness.'

His TEDx talk titled "The Doctor of the Future: Prescribing Lifestyle as Medicine" took place in University College Dublin in December 2017.



Be Well Suite

Waterford Health Park,
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www.whp.ie

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