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COURSE BROCHURE

Lifestyle Medicine for Performance, Energy and Health Training Course

21 – 25 December 2026
Singapore

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Registered in the United Kingdom and Saudi Arabia

Lifestyle Medicine for Performance, Energy and Health Training Course

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Lifestyle Medicine for performance, energy and long-term health is a 1-week training course for professionals, team leaders and people managers who want daily habits that sustain alertness and output, built around a personal health and energy plan. Organisations now see sleep, nutrition, movement and stress recovery as drivers of sound judgement, attendance and sustained careers. Jupiter Prime Training presents lifestyle medicine as a practical discipline for working life.

Why Lifestyle Medicine Matters Now

Three forces shape lifestyle medicine at work today. Longer careers mean that habits formed in mid-career decide health and capability decades later. Always-on communication and irregular hours erode sleep and recovery, which shows first in attention, mood and decision quality. An organisation that handles this well keeps experienced people energetic and engaged; one that ignores it absorbs fatigue, avoidable illness and early exits. The course rests on the evidence-based pillars of lifestyle medicine: restorative sleep, whole-food nutrition, regular physical activity, stress resilience, healthy relationships and avoidance of risky substances.

Who Gains Most from Lifestyle Medicine

- Professionals responsible for sustaining their own concentration, energy and output through demanding workloads
- Team leaders responsible for setting working rhythms, meeting patterns and recovery norms for their people
- People and wellbeing specialists responsible for designing health initiatives that staff actually use
- Occupational health and safety staff responsible for linking fatigue and lifestyle risk to incident prevention
- Managers in high-pressure roles responsible for balancing travel, long hours and personal health

A leadership team gains most when several of its members attend together.

Lifestyle Medicine Capabilities

Participants turn evidence on sleep, food, activity and stress into routines that fit real calendars and measurable markers of energy and health.

- Assess personal sleep quality, chronotype and recovery patterns — scheduling of demanding tasks
- Design a meal and hydration pattern that steadies energy across the working day — personal routines and catering choices
- Build a weekly movement plan combining strength, aerobic activity and breaks from sitting — long-term musculoskeletal and heart health
- Apply breathing, attention and recovery practices to manage stress load — decisions under pressure
- Weigh health markers such as waist measurement, resting heart rate and blood pressure — conversations with a clinician
- Communicate healthy working norms to a team — leaders shaping meeting, travel and overtime habits

Key Lifestyle Medicine Terms

- Lifestyle medicine — an evidence-based clinical discipline that uses daily behaviours to prevent, manage and sometimes reverse long-term conditions.
- Chronotype — a person's natural tendency to feel alert earlier or later in the day, shaped by the internal body clock.
- Sleep debt — the accumulated difference between the sleep a person needs and the sleep actually obtained over several nights.
- Glycaemic load — a measure of how much a portion of food raises blood sugar, combining carbohydrate quality and quantity.
- Allostatic load — the cumulative wear on the body caused by repeated or prolonged stress without adequate recovery.
- Habit stacking — attaching a new healthy behaviour to an existing routine so that one action reliably cues the next.

Lifestyle Medicine Day by Day

Day 1: Health, Energy and Performance at Work

- Six Pillars of Lifestyle Medicine — Where Daily Habits Shape Long-Term Health
- Energy Audit Across a Working Week — Locating Peaks, Dips and Drains
- Long-Term Condition Risk Factors — Which Behaviours Matter Most After Forty
- Personal Health Markers Baseline — Waist, Resting Heart Rate and Blood Pressure
- Readiness for Change Self-Check — Choosing Where to Start First

Day 2: Sleep, Body Clock and Recovery

- Sleep Architecture and Cycles — Why Deep and Dream Sleep Both Count
- Chronotype Profiling — Matching Demanding Tasks to Natural Alertness
- Sleep Debt and Napping Rules — Recovering After Late Nights and Travel
- Bedroom Light, Noise and Screen Routine — Protecting the Wind-Down Hour
- Caffeine and Alcohol Timing — Effects on Sleep Quality and Next-Day Focus

Day 3: Nutrition and Movement for Sustained Energy

- Plate Balance and Glycaemic Load — Avoiding the Mid-Afternoon Energy Slump
- Meal Timing and Hydration Pattern — Steady Concentration Through Long Days
- Strength and Aerobic Activity Mix — Weekly Minimums for Heart and Muscle
- Sitting Breaks and Desk Mobility — Reducing Back, Neck and Circulation Strain
- Eating While Travelling or Hosting — Choices at Airports, Hotels and Events

Day 4: Stress Resilience, Connection and Habits

- Allostatic Load and Warning Signs — When Pressure Turns into Harm
- Breathing and Attention Practices — Calming the Body Before Key Decisions
- Social Connection and Purpose — Protective Effects on Mood and Longevity
- Habit Stacking and Environment Design — Making Healthy Choices the Default
- Team Rhythm and Meeting Norms — Leaders Setting Recovery-Friendly Expectations

Day 5: Practising the Personal Health and Energy Plan

- Energy Audit Revisited With Sleep Data — Confirming Priority Habits
- Weekly Meal and Movement Schedule — Fitting Changes Into a Real Calendar
- Stress Recovery Routine Rehearsal — Testing Practices in Simulated Pressure
- Progress Tracking and Relapse Planning — Keeping Habits Through Busy Periods
- Personal Health and Energy Plan — Ninety-Day Goals, Markers and Supports

Applying Lifestyle Medicine After the Course

- Run a two-week energy audit with a sleep log and chronotype-based scheduling.
- Introduce one recovery-friendly team norm, such as walking meetings or protected evenings, and review its effect on energy after a month.

Lifestyle Medicine Questions FAQ

What is lifestyle medicine and why does it matter now?

Lifestyle medicine is the use of sleep, nutrition, movement, stress recovery and connection to protect health and performance. It matters now because longer careers and irregular hours make daily habits a major factor in energy, judgement and long-term wellbeing.

Which roles gain most from lifestyle medicine training?

Professionals, team leaders, wellbeing specialists and occupational health staff gain most, because each shapes routines that spread across a team.

How does lifestyle medicine differ from a general wellbeing or fitness course?

Lifestyle medicine connects habits to measurable health markers and long-term condition risk, rather than covering exercise or motivation alone.

What do you bring back from lifestyle medicine training?

You bring back a personal plan with priority habits, a weekly schedule, chosen health markers and a routine for busy periods.

Lifestyle Medicine: The Way Forward

The personal health and energy plan sets out ninety-day goals for sleep, food, movement and stress recovery. Its first decision is which single habit to change in the coming week, and participants share parts of it with managers or clinicians. After the first month, the energy audit is worth revisiting to see which habits held and which need a different cue.