

Go from **SURVIVOR** to **THRIVER** with the

iTHRIVE PLAN

Take your health to the next level! Enhance the guidance that you are receiving from this clinic with the highly personalized, scientifically-validated and motivational iTHRIVE Plan! Plus, your use of the iTHRIVE plan will help us stay connected with you every step of the way towards your wellness.

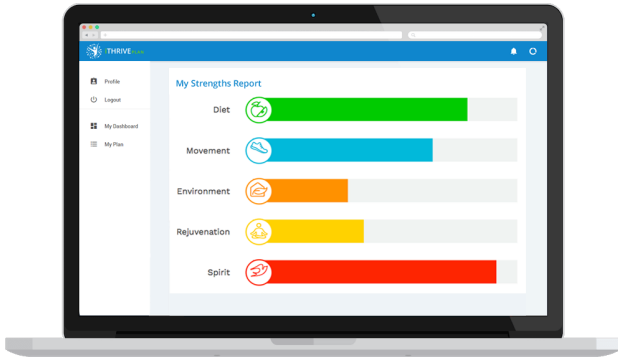
WHAT TO EXPECT

Step 1: Complete the iTHRIVE survey

Visit <https://ihc.yourithriveplan.com> to set up your profile. It takes about ten minutes.

Step 2: Receive your strengths report

It shows your ability in five key areas of diet, movement, environment, rejuvenation and spirit.



Step 3: Create your iTHRIVE Plan

Your survey answers will generate a set of individualized Action Steps in each key lifestyle area. From these, you choose Action Steps to start your iTHRIVE Plan!

FIVE KEY LIFESTYLE STRATEGIES



Diet

Incorporate nutritional strategies based on a Mediterranean diet.



Spirit

Experience a value-based life inclusive of laughter, love and gratitude.



Movement

Exercise strategies to optimize fitness and reduce inactivity.



Rejuvenation

Manage stress and restore vitality.



Environment

Create healthy surroundings to enhance wellness.



ABOUT ACTION STEPS

Action Steps are like pieces of your wellness puzzle. Each one is broken up into five activities that help you build healthy habits in small, significant steps. As you complete Action Steps, the picture of your health will become clearer!

Technical assistance while using iTHRIVE, click "Get Help" in the left navigation bar. For more information contact Mark Elderfield at mark@integratedhealthclinic.com.

Integrated Health Clinic™
working together for your health FORT LANGLEY, BC