



# Planning for Health

The Lake Nona Regional Chamber of Commerce shares advice from regional medical experts on the importance of planning for good health.



By Don Long, Lake Nona Regional Chamber of Commerce

**W**e propose that most of us have a goal to live long and healthy lives. But, like all goals, the only way to get there is by planning. Your healthy plan should include attaining three sub-goals; health focused diet, improved physical fitness/mental health, along with programmed medical check-ups and care. These next three recommendations are from your local experts.

As you read on, we advise you to consult your care team before making any drastic changes to your diet or routine.

## Diet

“The best diet is one that works for you,” according to Orlando Health registered dietitian and clinical nutrition manager Lauren Popeck. “It has to fit into your personal eating style, lifestyle, family situation, and work schedule. The key to a successful diet is to create a plan that works to change your habits in time, not all at once.” Popeck also advises, “Start with your normal meal/snack routine and iden-

tify areas that need improving. Tackle one item at a time...designing your own plan is a better option for long term victory compared to a prescribed plan.”

## Physical Fitness/Mental Health

“Exercise gives you energy, helps you maintain a healthy weight and may even help you live longer.” states Matthew Marse, Medical Wellness Manager for AdventHealth Sports Med & Rehab. Marse continues, “... exercise doesn’t have to mean hitting the gym if this is not your preference. Find ways to be active that you find enjoyable, rewarding and achievable — whether it’s joining an online exercise community or taking long walks on the beach. That way, activity will be something you want to do rather than something you have to do,” Marse concluded.

## Planing Check-Ups And Care

From UCF Lake Nona Medical Center’s Dr. Christopher Cooper, Chairman, Dept. of Medicine, “The

best way to avoid hospitalizations is having regular follow up with your primary care physician and subspecialists. Like Benjamin Franklin said, ‘an ounce of prevention is worth a pound of cure.’ Copper continued, “For healthy individuals, annual physical exams may be sufficient. For others with chronic diseases, visits may need to be as frequent as monthly.”

Of course, these recommendations are not all inclusive and we encourage you to contact our local experts for more detailed information and how to get your plan started. Your local providers linked with your local chamber are found on the chamber website member directory.

The Lake Nona Regional Chamber of Commerce is a membership not-for-profit organization with offices located in Lake Nona at 6555 Sanger Rd, Orlando, FL 32827. Comments or requests for information are encouraged at [Administration@LakeNonaCC.org](mailto:Administration@LakeNonaCC.org). 