Healthy Lifestyle Programs:
Integrative Medicine Center
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Proper nutrition, physical activity, and stress management help you improve all aspects of your quality of life during and after treatment. Lifestyle changes may also improve how well those treatments work. Healthy behaviors can lower the risk of recurrence for some cancers and may help also prevent future cancers.

The Integrative Medicine Center offers two Zoom-based programs to guide cancer survivors to healthy lifestyle changes. Talk with your Integrative Medicine team about which option might work best for you. Both programs are billed to your insurance, but coverage must be pre-approved. The lifestyle team includes health psychologists, a physical therapist, and a registered dietitian. All are trained to work with lifestyle changes and weight loss for cancer survivors.

**IM Fit**
The IM Fit program is designed for cancer survivors who want to change their health behaviors and create sustainable changes in their lives. This program promotes gradual lifestyle changes to improve overall health and well-being. You will receive evaluations and educational sessions with each member (psychologist, dietitian, and physical therapist) of the team. There are also 12 weekly group sessions, which include nutrition education and cooking classes, exercise instruction and practice, skill building, and behavior change strategies and support. You will benefit from giving and receiving support from other group members. After the 12 sessions, the group meets each month, with the health psychologist, to help maintain lifestyle changes.

**IM Healthy**
The IM Healthy program has weekly meetings led on a rotating schedule by a health psychologist, a dietitian, and a physical therapist to help you change your behaviors for better health. This group may also be helpful for anyone interested in lifestyle changes in the area of diet, physical activity, and stress management, but are not able to attend the more intense group class. This group allows you to connect with other cancer survivors who are interested in improving their health. Connecting with others can be a strong motivator and great support system to change your behaviors. Each session has a specific topic, driven by group discussion. Topics may include how to set goals for behavior change, mindfulness training, how to get past barriers to behavior change, how certain foods affect your health, healthy recipes, stress management skills, among many others!
**Veggie Spring Rolls**

**Total Time:** 20 minutes  
**Servings:** 4 people  
**Website:** [https://atthetable.mdanderson.org/recipe?id=533](https://atthetable.mdanderson.org/recipe?id=533)

### Ingredients:
- 1 - bell pepper, any color
- 1 - cup carrots, thinly sliced or grated
- 1 - mango, cubed
- 1 - cucumber
- 1/3 - cup natural peanut butter
- 1 - tbsp soy sauce
- 1 - tbsp maple syrup
- 1/2 - lime, juice only
- 1 - tbsp chile paste (optional)
- 1/2 - tsp fresh ginger, grated (optional)
- 4 - tbsp hot water (for thinning)
- 8 - Spring roll wrapper

### Instructions:
1. Thin slice cucumber, bell pepper and carrot. Chop mint leaves and cube mango.
2. Soak spring roll skin in hot water for about 30 seconds or until soft. Splash a little water on your work surface to prevent sticking.
3. Fill center of spring roll with veggies and fold over lengthwise.
4. Fold in short edges and roll tightly.
5. Keep to the side, cover with damp paper towel to keep fresh.
6. Make the sauce by combining peanut butter, maple syrup, soy sauce, lime juice, chili paste and ginger. Add hot water 1 tbsp at a time until desired consistency is reached (you may need to add up to 1/2 a cup of water depending on your peanut butter).
7. Serve spring rolls with peanut sauce for dipping.