



Helping you bring lifestyle education into patient care,
without adding unnecessary time to your consultation.

Practical Lifestyle Science Support for Health Professionals

You bring the clinical expertise.



RiAB provides the framework,
resources and patient support.

DISCOVER WHY · UNCOVER HOW · TAKE ACTION



Lifestyle matters. Time is limited.

Health professionals already know that lifestyle factors influence prevention, recovery, function and long-term health. The challenge is often finding enough time to address them in practical detail.

RiAB.pro is designed to make this easier.

It provides structured education, practical tools and patient-support options that can be used alongside your existing care without asking you to build the resources from scratch. It is both time and cost effective.

RiAB does not replace the HCP.

You remain responsible for clinical assessment, diagnosis, treatment and professional decision-making. RiAB adds an educational and practical support layer where appropriate.

The aim is simple: help patients understand what matters, what they can do, and how to take practical action.



The RiAB approach

A simple progression from understanding to action.

1 Discover Why

Understand what matters and why it matters.

2 Uncover How

Explore how it can be addressed and what can be done to improve it.

3 Take Action

Turn knowledge into practical action and everyday implementation.

The approach is adapted to the needs of the patient, professional and program.



How RiAB.pro can support your practice

Referral System

A practical resource for discussing key lifestyle factors with a patient in a few minutes. It helps identify areas that may need attention, provides brief education and offers a useful next step. Where further support is appropriate, the patient can be referred to RiAB Assist.

Structured Patient Support

RiAB Assist provides structured patient education and support, starting with the basics and building towards more comprehensive support where needed. It can be referred externally or selected resources can be incorporated into your own patient communication.

Professional Education

Provides the background to the Lifestyle Science principles used in RiAB Assist and the referral system, helping professionals understand the approach behind the resources and recommend them with confidence.



Lifestyle Science in practice

RiAB considers the lifestyle factors that influence health and everyday function. The emphasis and depth vary according to the patient and programme.

Movement & Exercise

Building and maintaining physical capacity, function and independence.

Nutrition

Practical nutritional habits that support health.

Sleep & Rest

Recovery, rest and the foundations of healthy sleep.

Stress & Relaxation

Practical approaches to managing stress and supporting recovery.

Mindset

Motivation, confidence and the ability to take action.

Other factors may also be relevant depending on the individual and clinical context.



A practical partnership

RiAB is intended to complement — not compete with — professional care.

You bring

Clinical expertise
Assessment
Diagnosis
Treatment
Professional judgement
Patient management

RiAB provides

Structured education
Practical resources
Lifestyle framework
Patient support
Reinforcement
Implementation guidance

Who can use RiAB.pro?

General Practitioners · Medical Specialists · Physiotherapists ·
Biokineticists · Dietitians · Occupational Therapists · Other Health
Professionals

The specific use of RiAB resources should always remain within the professional's scope of practice and clinical judgement.

Interested in exploring RiAB.pro?

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