



From Health Information to Practical Action

A structured Lifestyle Science program to help you understand the lifestyle factors that influence your recovery and what you can do to improve your health.

DISCOVER WHY · UNCOVER HOW · TAKE ACTION



Health is more than treatment

Health is influenced by more than medical treatment alone.

Everyday lifestyle factors can affect prevention, recovery, function, energy levels and quality of life. The challenge is often knowing what matters, where to start and which information to trust.

RiAB.assist is designed to make this easier.

It provides structured education, practical resources and implementation guidance that help turn health information into meaningful action.

RiAB.assist does not replace the HCP.

Professional assessment, diagnosis and treatment remain necessary.

RiAB.assist provides an educational and practical support layer. It helps you move from information to understanding, and from understanding to practical action.

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



The BIG 5 of Lifestyle Medicine

Lifestyle Medicine recognises that everyday behaviours and lifestyle factors can influence health, function, recovery and quality of life.

Movement & Exercise

Maintain strength, mobility, fitness and physical function.

Nutrition

Provide the body with the nutrients and energy it needs.

Sleep & Rest

Support recovery, restoration and wellbeing,

Stress & Relaxation

Understand stress and develop ways to manage and recover from it.

Mindset

Recognise how thoughts, attitudes and behaviours can influence health.

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

The Big Five are interconnected. Improvements in one area often influence the others.



The RiAB.assist approach

Understanding is the starting point. Action is the goal.

1 Discover Why

Understands what matters and why it matters.

2 Uncover How

Explore how it can be addressed and discover practical ways you can improve it.

3 Take Action

Put what you have learned into practice through realistic and achievable steps.

The approach is designed to move beyond information and support practical implementation.



What RiAB.assist Provides

Structured Education

Level 1: A guided introduction to the principles of Lifestyle Medicine and the factors that influence health and wellbeing.

Level 2: Dive deeper to learn more and apply in your recovery and health journey to optimise quality of life

Practical Resources

Activities, worksheets, reflections and tools that help translate knowledge into action. Available on social media platforms.

Structured Support

RiAB boxes for specific conditions can be build. These boxes can contain educational material, practical worksheets as well as exercise equipment.



When to use RiAB.assist?

RiAB. assist is intended to complement, not compete with, professional care.

It can be:

- Self-Directed: People wanting a structured way to understand and improve lifestyle factors.
- HCP Referred: A practical resource that can reinforce education provided by a healthcare professional.
- Alongside Care: Supports implementation without replacing assessment, diagnosis or treatment.

Who can use RiAB assist

- Individuals wanting to improve health
- People managing chronic conditions
- People recovering from orthopaedic injuries/surgery
- People wanting more practical guidance
- Patients referred by healthcare professionals

Ready to explore RiAB.assist?

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