

Lifestyle Medicine Immersion & Retreat Expeditions (LMIRE)

Offered by Focus43 & GreenLagoon Wellbeing Resort

Our physician-driven LMIREs educate and inspire individuals to discover a healthier way of living, based on our 5 Steps to a Healthy Lifestyle, which include:

- 1 Whole Food Plant-Based Nutrition
- 2 Active Living
- 3 Mindfulness
- 4 Sleep Quality
- 5 Social Networking

All LMIREs include:

One-on-one appointments with credentialed healthcare professionals to review goals, track progress, and develop a game plan for home use

Whole food plant-based cooking classes and kitchen makeover concepts

Daily nature activities in a tropical paradise

Food and beverage detox

Three delicious, plant-based meals each day

Regular, post-retreat follow up and much, much more

The LMIRE standard of care follows the lifestyle medicine and whole food plant-based nutrition guidelines. Certified professionals provide all medical, food, nutrition, fitness, and rejuvenating services. Each immersionist must provide a complete medical history prior to participation, in anticipation of LMIRE.



Dr. Henry A Villegas, MD, FAAP, FAWM

Dr. Villegas can attest to the power of a healthy lifestyle. Earlier in his career, unhealthy choices led to a diagnosis of Type 2 diabetes, hypertension, fatigue, hyperlipidemia, and metabolic syndrome. His prognosis was clear: something needed to change or Dr. Villegas would suffer more severe ailments.

By making fundamental changes in diet, exercise and stress management, Dr. Villegas reversed his illnesses, eliminated all of his medications, and is now healthy and fit. During this process, he also developed a strong passion for personal wellbeing, which led to the creation of the GreenLagoon Wellbeing Resort. As part of his ongoing education in lifestyle medicine, Dr. Villegas has completed professional chef certification through the RouxBe Cooking School. He takes pride in providing education and training to the GreenLagoon staff and its surrounding community on sustainable lifestyle practices.

Dr. Villegas is a physician specializing in Lifestyle Medicine, Wilderness Medicine, Pediatric Emergency medicine, and General Pediatrics. He is a graduate of the University of Costa Rica Medical School and a postgraduate physician of the Mayo Clinic.



Jacque Tarlton

Jacque Tarlton has always been passionate about improving health through lifestyle modification. As a Registered Dietitian early in her career, Jacque studied nutrition, health, and fitness for over 25 years. She recently earned RYT-200 Yoga Alliance certification. Because of the increasing rate of obesity and other lifestyle-related diseases, Jacque wanted to create unique travel experiences that educate and inspire people to live a healthier life. She founded Focus43 to realize this goal.

Today, Focus43 organizes innovative travel experiences that create three distinct types of health and wellness adventure: Culture & Cuisine Immersions, Lifestyle Medicine Immersions, and FitTours.

Focus43 is honored to partner with GreenLagoon Wellbeing Resort on their physician-driven Lifestyle Medicine Immersion & Retreat Expeditions. Their partnership provides a credible, fun, and experiential means to learn about healthy and mindful living.



Contact us to learn more or to schedule a LMIRE

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Lifestyle Medicine Immersion & Retreat Expeditions

Transforming your health



Scientific research has shown that lifestyle change alone can maintain lifelong quality of health and prevent, suspend, and even reverse the progression of many chronic diseases. Take the journey towards healthy living!

Our Mission

Lifestyle Medicine Immersion & Retreat Expeditions inspire and educate immersionists to make sustainable lifestyle modifications – to prevent, treat, and reverse obesity and lifestyle-related chronic diseases.

Using our 5 Steps to a Healthy Lifestyle, we rejuvenate and energize your body, mind, and spirit to improve your quality of life. We believe that human health is inextricably connected with social, financial, and environmental sustainability. Leading by example, we provide participants with the tools necessary to achieve lifelong sustainable health, happiness, love, and peace.

Our custom **3 DAY** **7 DAY** **10 DAY** Lifestyle Medicine Immersion & Retreat Expeditions are perfect for:

- Physician patient referrals
- Family lifestyle makeovers
- International lifestyle kids' camps
- Executive retreats
- Onboarding lifestyle medicine into your practice/institution
- Short and long-term internships
- Worksite wellness incentives

GreenLagoon Wellbeing Resort is immersed in a 400-acre rainforest property, located in the heart of Costa Rica.

With panoramic views of the Arenal & Cerro Chato Volcanoes, GreenLagoon offers the perfect, environmentally sustainable, distraction-free environment for immersionists to fully engage and participate in the 5 Steps of a Healthy Lifestyle.

The resort offers beautiful mountain top rooms and villas with unmatched views, a Natura Restaurant with professional RouxBE-trained, whole food plant-based chefs, a relaxing EcoNatura Spa, concierge services for tours & excursions, quality hospitality, and many other fabulous amenities.

You should attend a Lifestyle Medicine Immersion & Retreat Expedition if you:

- Desire to maintain optimum quality of life and achieve high personal and professional performance
- Desire to have a lifestyle intervention to create better health for your entire family
- Have been diagnosed with ADHD, autism, obesity, cardiovascular disease, diabetes, lifestyle cancer, musculoskeletal disorders, or other concerns such as skin, immunity, gut, asthma, allergies, migraine, fibromyalgia, and mental or emotional issues
- Are a doctor or clinician who is interested in starting a private lifestyle medicine practice. GreenLagoon Wellbeing University also offers professional certification during immersion expeditions.
- Are an institution or hospital interested in opening a lifestyle medicine clinic or offering lifestyle and whole food plant-based coaching services
- Are a corporation who provides executive retreats or worksite wellness programs
- Are a health care professional who is required to complete an adjunct internship
- Are a graduate student required to complete an internship in wilderness medicine, lifestyle medicine, organic garden agriculture, sustainability, or culinary school

