

AMERICAN COLLEGE OF  
**Lifestyle Medicine**

go to

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# The American College of Lifestyle Medicine

Advancing evidence-based lifestyle medicine to prevent,  
treat and reverse non-communicable, chronic disease

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Lianov with Trailblazer Award

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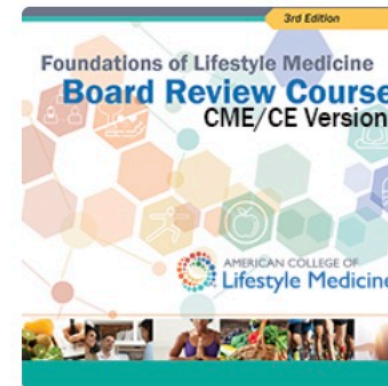
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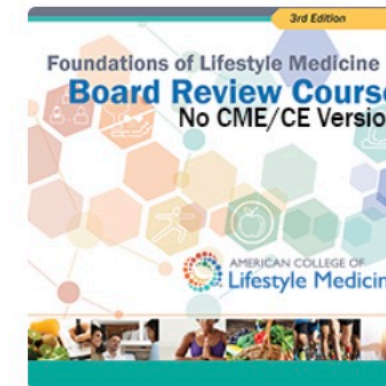
Lifestyle Medicine &  
Food as Medicine  
Essentials Bundle



Introduction to  
Lifestyle Medicine



Foundations of  
Lifestyle Medicine  
Board Review (30  
CME/CE)



Foundations of  
Lifestyle Medicine  
Board Review (NO  
CME/CE)

## Course Catalog

[AJLM CME/CE ARTICLES](#)  
[FOOD AS MEDICINE](#)  
[LM BOARD REVIEW](#)  
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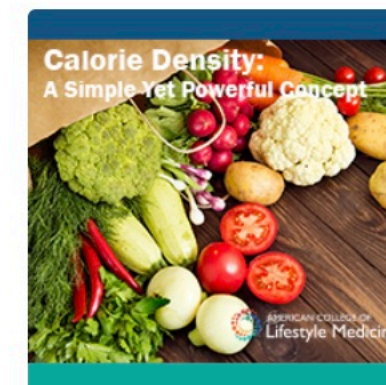
Lifestyle Medicine  
Core Competencies  
(CME/CE)



Food as Medicine:  
Nutrition for  
Prevention and  
Longevity



Food as Medicine:  
Nutrition for  
Treatment and Risk  
Reduction



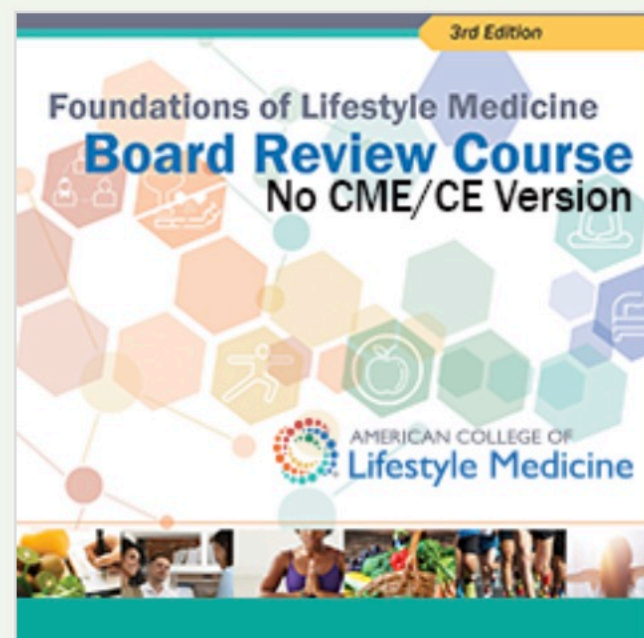
Food as Medicine:  
Calorie Density -  
Simple, Powerful  
Concept

Click on the No CME version and purchase it



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## Foundations of Lifestyle Medicine Board Review (NO CME/CE)



**Prices per Course** | NOTE: ACLM members receive an exclusive 25% discount.

Nonmember - \$499

Member - \$374.25

### Credits

Please note that this course does **NOT** provide CME and therefore it is **NOT** approved to fulfill the ABLM 30 online CME prerequisite to sit for the ABLM exam. If you would like to earn CME/CE for this course and/or use the Foundations of Lifestyle Medicine Board Review Course as a prerequisite to sit for the ABLM exam, please purchase the

**Foundations of Lifestyle Medicine Board Review Course (30 CME/CE)**

### Description

The Foundations of Lifestyle Medicine Board Review Course 3rd Edition is an evidence-based course designed to provide a review

and successfully prepare candidates for the American Board of Lifestyle Medicine (ABLM) Certification Exam (ABLM.org/how). This course development was led by coauthors and faculty John Kelly, MD, MPH, LM Specialist and Jeni Shull Clayton, MD, MPH, DipABLM, with additional support from subject matter experts in the field of lifestyle medicine.

[More Details](#)

### Learning Objectives

- Review the pillars of evidence-based lifestyle medicine and how it can prevent, treat and reverse disease.
- Review evidence-based lifestyle medicine prescriptions and their clinical application.
- Review evidence-based lifestyle medicine content that will be tested on the Lifestyle Medicine Board Certification Exam.

### Course Format

The Foundations of Lifestyle Medicine Board Review, 3rd Edition is hosted online via the ACLM Learning Management System (LMS) and consists of 3 main components:

**COMPONENT 1 - Board Review Course Manual and Quiz Questions (20 hours):** The Board Review Course Manual is available in printed form and online within the ACLM learning management system. The manual consists of 10 sections. Lifestyle Medicine key

## Course Catalog

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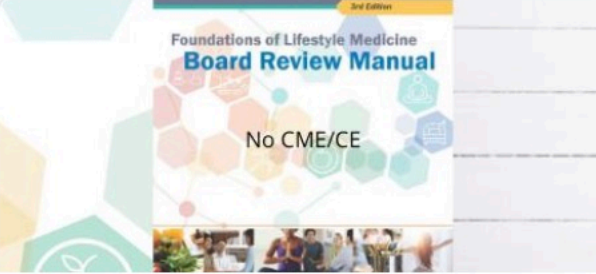


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# American College of Lifestyle Medicine

## My Courses ▾



Foundations of  
Lifestyle Medicine  
Board Review (NO  
CME/CE)

Ends April 6, 2023 at 11:59  
PM

30

?

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# Foundations of Lifestyle Medicine Board Review (NO CME/CE)

Visual TOC ▾

Getting Started

0% 0 of 1 Topics Completed

Foundations of Lifestyle  
Medicine B...

0% 0 of 1 Topics Completed

eBook: Foundations of  
Lifestyle Med...

Section 1

0% 0 of 4 Topics Completed

Section 2

Section 3

Section 4

Section 5: Part 1

This will take you to the ebook



▾

Getting Started

Welcome & Support

▾

Foundations of Lifestyle Medicine Board Review Course

Course Overview and Introduction

▶

eBook: Foundations of Lifestyle Medicine Board Review

▶

Section 1

▶

Section 2

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Section 3



## COURSE OVERVIEW AND INTRODUCTION

### Course Description

The American College of Lifestyle Medicine is pleased to offer the Foundations of Lifestyle Medicine Board Review Course, 3rd Edition. This course development was led by co-authors and faculty John Kelly, MD, MPH, LM Specialist and Jeni Shull Clayton, MD, MPH, DipABLM, with additional support from subject matter experts in the field of Lifestyle Medicine. The Foundations of Lifestyle Medicine Board Review Course, 3rd Edition is an evidence-based course designed to provide a review and successfully prepare candidates for the American Board of Lifestyle Medicine (ABLM) Certification Exam.

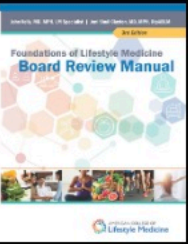
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3. Review evidence-based lifestyle medicine content that will be tested on the Lifestyle Medicine Board Certification Exam.

[Click on this to access the online version of the manual](#)

### Course Format





**The Foundations of  
Lifestyle Medicine Board**  
American College of Lifestyle  
Medicine

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Title

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Vision

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Section 7: Emotional and Mental Well-Being, Ass...

Section 8: Sleep Health Science and Interventions

Section 9: Fundamentals of Tobacco Cessation a...

Section 10: The Role of Connectedness and Posi...

Key Articles: Summaries of Key Lifestyle Medicin...

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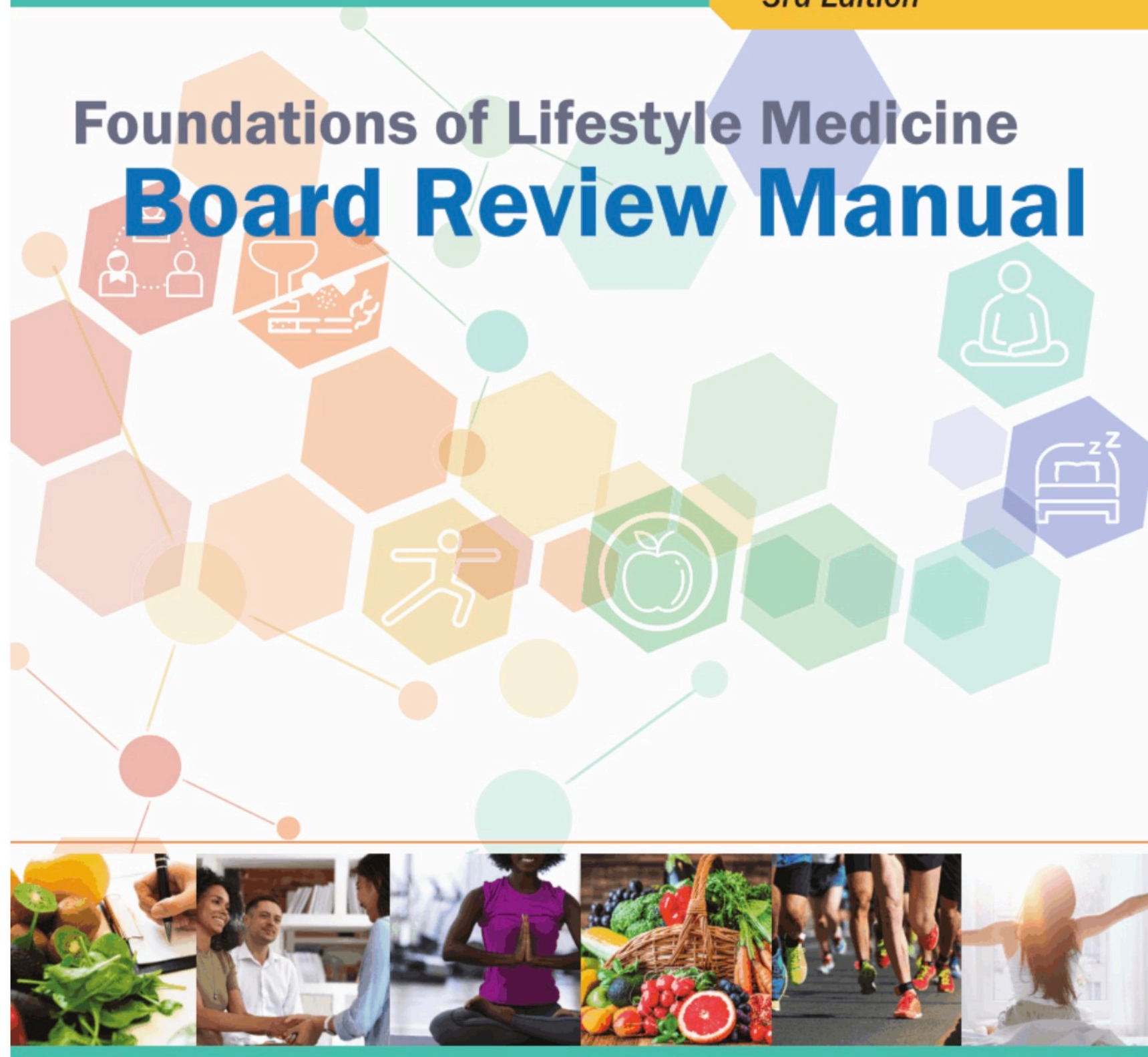
≡ Cover



John Kelly, MD, MPH, LM Specialist | Jeni Shull Clayton, MD, MPH, DipABLM

3rd Edition

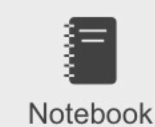
# Foundations of Lifestyle Medicine Board Review Manual



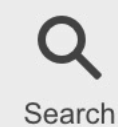
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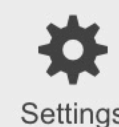
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# THIS IS THE C BOOK OF the manual



Foundations of Lifestyle Medicine Board...



Foundations of Lifestyle Medicine Board...

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Getting Started

Reference & Support

Foundations of Lifestyle Medicine Board Review Course

Course Overview and Introduction

Module: Foundations of Lifestyle Medicine Board Review

Section 1

Section 2

Section 3

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Foundations of Lifestyle Medicine Board Review Course

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3. Review evidence-based lifestyle medicine content that will be included on the Lifestyle Medicine Board Certification Exam.

Course Format



Course Home Awards Class Progress Course Tools ▾


Lifestyle Medicine Board Review

 eBook - Board Review Manual

▾ Section 1

 Section 1 Introduction

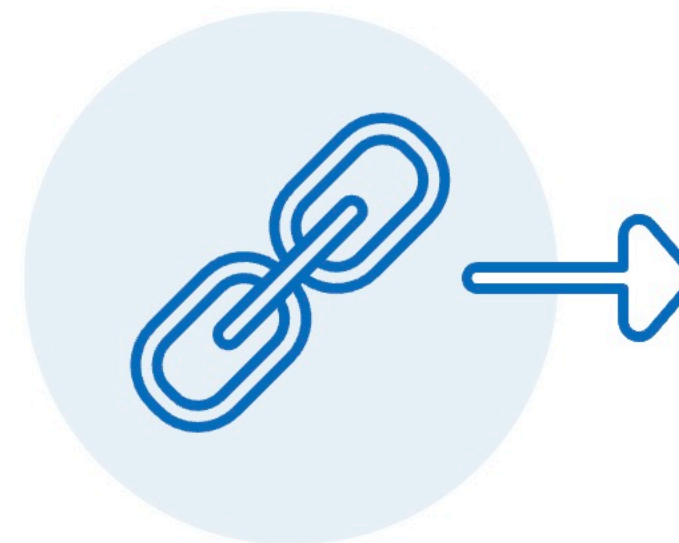
 Section 1 Lecture

 Section 1 Lecture Quiz

 Section 1 Manual Review Questions

▶ Section 2

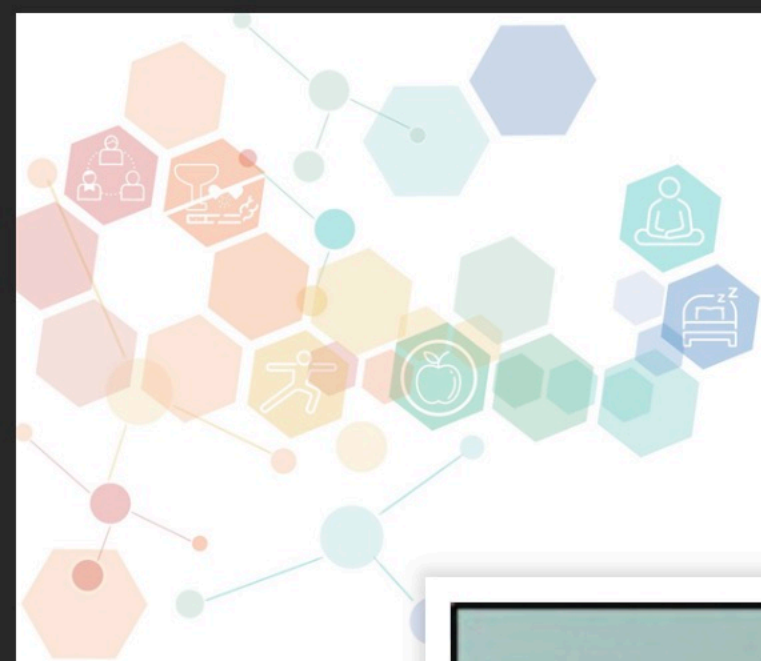
▶ Section 3



Open link in a new web browser tab.

Open Link

This takes you to the video lectures



First Lecture

# Section 1: Introduction to Lifestyle Medicine



Presented by:

**John Kelly, MD, MPH, LM  
Specialist**

Co-Author, Foundations of Lifestyle Medicine

Board Review


Founding President, American College of

Lifestyle Medicine





# Learning Objectives

- 
1. Define Lifestyle Medicine (LM) and describe the unique role of LM
  2. Describe the LM core competencies as identified by a national consensus panel
  3. Describe the importance of LM in treating the nation's lifestyle disease burden
  4. Summarize the role of behavioral determinants of positive health outcomes
  5. Interpret the scientific evidence that demonstrates the risk of unhealthy behaviors as key to health outcomes
  6. Compare and contrast to other fields of health and medicine
  7. Indicate the place and priority of LM in the spectrum of treatment options for chronic (lifestyle-related) diseases
  8. Define Lifestyle Medicine (LM) and describe the unique role of LM