

# **Advanced Certification in Lifestyle Medicine**



## **Lifestyle Medicine Core Curriculum**

2024 - 2025

# Introduction

Lifestyle Medicine is a clinical approach grounded in evidence-based care that promotes sustainable behavior change through person-centered methods.

It focuses on improving key areas of health, including mental well-being, social connections, healthy nutrition, regular physical activity, restorative sleep, and reducing harmful substances and behaviors.

The curriculum provides healthcare professionals with the knowledge and tools needed to understand how these lifestyle factors affect overall health, and how to implement strategies that empower patients to make lasting, positive changes in their lives.

The curriculum for a Lifestyle Medicine course, as described, can be effectively divided into three domains to encompass the knowledge and skills necessary to implement evidence-based behavioral changes. These domains may include:

Foundational Knowledge of Lifestyle Factors

Behavioral Change Techniques and Person-Centered Care

Implementation and Clinical Application

## The Foundations of Lifestyle Medicine

The Foundations of Lifestyle Medicine domain includes definitions, background scope, skills and is an introduction to the 3 Principles of Lifestyle Medicine.

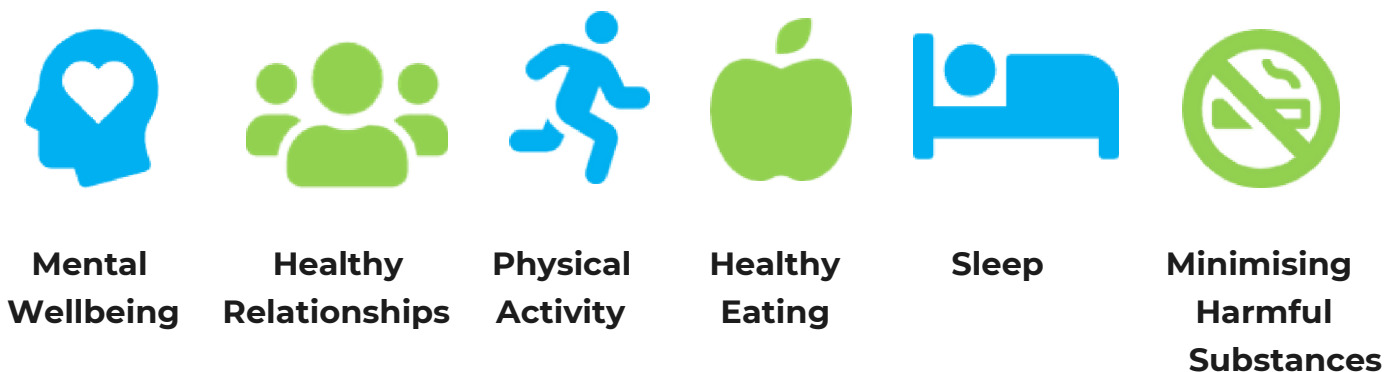


This section of the course also introduces the key studies providing the evidence base for lifestyle medicine.

## The 6 Pillars of Lifestyle Medicine

The 3 Principles are underpinned by the 6 Pillars of Lifestyle Medicine, and the understanding of these is a crucial part of the LM curriculum.

**The 6 Pillars are:**



## Lifestyle Medicine Skills



The Lifestyle Medicine Skills section of the curriculum covers how to:

- Taking a Lifestyle History
- Clinical Assessment of Lifestyle Factors
- Supporting behaviour change and creating a Lifestyle treatment plan
- Healthcare professionalism in Lifestyle Medicine
- The impact of physician and practitioner health on Lifestyle Medicine
- Delivering change in healthcare settings

# The Foundations of Lifestyle Medicine

Curriculum Area	Core Topics Covered
<b>What is Lifestyle Medicine?</b>	<ul style="list-style-type: none"><li>• What is Lifestyle Medicine?</li><li>• How the BSLM defines Lifestyle Medicine</li><li>• Which Lifestyle Changes Matter for Health</li><li>• How to Support People to Make and Sustain Lifestyle Change</li><li>• Maintaining Standards in Lifestyle Medicine Practice</li><li>• Comparing Lifestyle Medicine to Other Medical Specialities and Non-Conventional Practices</li></ul>
<b>The 3 Principles of Lifestyle Medicine</b>	<ul style="list-style-type: none"><li>• Principle 1: The Socioeconomic Determinants of Health bringing Context to Lifestyle Medicine</li><li>• Principle 2: Behaviour Change</li><li>• Principle 3: The 6 Pillars Of Lifestyle Medicine<ul style="list-style-type: none"><li>◦ Mental Wellbeing</li><li>◦ Healthy Relationships</li><li>◦ Physical Activity</li><li>◦ Healthy Eating</li><li>◦ Sleep</li><li>◦ Minimising Harmful Substances</li></ul></li></ul>
<b>Why We Need Lifestyle Medicine</b>	<ul style="list-style-type: none"><li>• Treating the Root Causes of Disease</li><li>• The Global Burden of Disease</li><li>• Lifestyle Medicine and Covid-19</li><li>• Lifestyle Medicine as part of National Healthcare Guidance</li><li>• What Matters Most to Patients</li><li>• The Harms of Too Much Medicine</li></ul>
<b>The Growth of Lifestyle Medicine</b>	<ul style="list-style-type: none"><li>• The Emergence of Lifestyle Medicine</li><li>• Lifestyle Medicine in Britain</li><li>• The Foundation of the BSLM</li><li>• Growth of the BSLM</li><li>• Lifestyle Medicine Resources</li></ul>

# The 6 Pillars of Lifestyle Medicine

Pillar	Areas Covered
 <b>Healthy Eating</b>	Examining the evidence that better nutrition improves health; UK eating habits and dietary guidelines; the physiology of nutrition; assessing nutrition; supporting people to eat healthily; nutrition and specific health conditions.
 <b>Mental Wellbeing</b>	Examining the evidence that stress adversely affects health; physiology of stress; assessing stress; supporting people to reduce stress and engage in healthy relaxation; the evidence that meaning and purpose improve health; the physiology of meaning and purpose; assessing meaning and purpose; supporting people to find meaning and purpose.
 <b>Healthy Relationships</b>	Examining the evidence that improved social and community connection improves health; physiology of social connection and health; assessing social isolation/connection; supporting people to strength their social connections.
 <b>Physical Activity</b>	Examining the evidence that physical activity improves health; UK and International physical activity levels and guidelines; physiology of physical activity and health; assessing physical activity; supporting people to become more physically active; physical activity and specific health conditions.
 <b>Minimising Harmful Substances</b>	Examining the evidence that toxic substances and addictive behaviours adversely impact on health; assessing people's harmful addictions; supporting people to reduce the use of harmful substances.
 <b>Sleep</b>	Examining the evidence that sleep is essential for health; the physiology of sleep; assessing sleep quality; supporting people to improve sleep quality.

# Lifestyle Medicine Tools and Skills

Lifestyle Medicine Skill	Areas Covered
<b>Taking a Lifestyle history</b>	How to broach lifestyle in a short consultation; how to avoid stigma and blame around lifestyle in a consultation; considering socioeconomic factors and lifestyle; why don't we talk more about lifestyle in consultations?; taking a history around the key pillars of lifestyle medicine; how to explore health beliefs, knowledge, motivation and activation; how to use active listening skills; using person-centred approaches.
<b>Clinical Assessment of Lifestyle Factors</b>	Assessing nutrition: Dietary quality index, food diaries; assessing sleep: Sleep med index, Epworth score, NHS sleep assessment; assessing Physical Activity: PA Vital Sign/GPPAQ, sedentary behaviour; assessing stress, signature strengths, quality of life, mood and anxiety; assessing the quality of social interactions and relationships; assessing time spent in nature/impact of environment; assessing impact of deprivation on ability to make lifestyle changes (DipcareQ); assessing the harmful effects of technology (social media addiction, screen time); assess well-being using the ONS-4 tool; assessing risk factors using validated tools e.g. Q-risk, Q-diabetes etc. Select and interpret findings of relevant physical examinations and laboratory tests, appropriate to individual patient presentation and practitioner scope of practice.
<b>Supporting Behaviour Change and Creating a Lifestyle Treatment Plan</b>	Behaviour Change theory and practice including motivational interviewing, health coaching, CBT and positive psychology; person-centred care - the 6 core principles: care and support planning, enabling choice, shared decision making, supported self-care, personal health budgets; social prescribing and wider community assets; values based care; relationship based care; group work; group consultations, intensive Lifestyle Medicine Programmes, structured health education/group education; examples of lifestyle medicine practice in the NHS; rehabilitation, Pulmonary Rehabilitation, Prehabilitation for surgery, health literacy, use of the multi-disciplinary team. Considering determinants of health and health inequalities. Examples of Lifestyle Medicine in pract

## Lifestyle Medicine Skills Continued

Skills	Areas Covered
<b>Healthcare Professionalism in Lifestyle Medicine</b>	Professional role - GMC guidance, NMC guidance, confidentiality; scope of practice and knowing when to refer on; ethics; record keeping; keeping up-to-date and evidence-based; advocacy, leadership in lifestyle medicine to impact policy; discussing uncertainty with patients
<b>The Impact of Physician and Practitioner Health on Lifestyle Medicine</b>	Evidence for physician role modelling on patient health behaviour; practitioner health; burn-out; compassion fatigue, integration of health lifestyle practices within the workplace.
<b>Delivering Change in Healthcare Settings</b>	Current models of care e.g., the chronic care model, disease focus rather than person focus, protocol driven care; the barriers to change in the medical profession and the NHS; identifying levers of change and influence; the cultural aspects of western medical practice; medical hierarchy; quality improvement approaches, Plan-Do-Study-Act; patient participation in design and feedback on services; co-design of services involving patients and all staff. Levels of influence: individual, community and policy.



## About the Instructor:



As an International Board-Certified Lifestyle Medicine Physician, I specialize in empowering individuals to prevent and manage chronic diseases through evidence-based lifestyle interventions. With a focus on nutrition, physical activity, stress management, sleep health, and behavioral change, I am dedicated to helping patients take control of their health and achieve long-term wellness.

Throughout my career as a general practitioner, I have worked closely with the Ministry of Health and helped thousands of patients improve their health outcomes. My passion lies in educating both patients and healthcare professionals on the critical role lifestyle choices play in preventing chronic diseases.

Certified to teach Lifestyle Medicine, I bring a wealth of knowledge and experience to this course, which is designed for healthcare providers looking to reshape the future of healthcare by focusing on prevention and sustainable health solutions.

With expertise spanning self-improvement, life coaching, stress management, muscle growth, fat loss, and healthy living, my approach is rooted in science and compassion. I am committed to making wellness education accessible and affordable to millions, offering practical strategies that can be easily integrated into both personal and professional practice. Join me on this transformative journey and take the first step toward becoming a leader in Lifestyle Medicine.

Together, we can revolutionize healthcare for a healthier future.

Thank You

## Conclusion:

The Advanced Certification in Lifestyle Medicine offers you the tools to become a leader in the fight against chronic disease. By joining this course, you will be part of a global network of professionals dedicated to sustainable, evidence-based healthcare.

Certification in Lifestyle Medicine is not just a credential; it's a commitment to a healthier future for your patients, your community, and yourself.