



ACE is proud to be a part of ACLM's [National Lifestyle Medicine Training Initiative \(NTI\)](#), a three-year collaboration between ACE and ACLM that focuses on the intersections of behavior change, chronic disease and health equity.

According to ACE President and Chief Executive Officer, Dr. Cedric X Bryant, FACSM, "The partnership between ACE and ACLM represents a strategic alignment of like-minded organizations representing complementary disciplines, aimed at enhancing the overall health and well-being of all individuals regardless of age, sex, race and socioeconomic status by integrating fitness, behavior change and lifestyle medicine principles."

What is the National Lifestyle Medicine Training Initiative (NTI)?

The goal of the NTI is to train and certify at least one physician/clinician in lifestyle medicine within each of the approximately 1,400 federally qualified health centers (FQHCs) across the U.S. The initiative, part of ACLM's commitment to the 2022 White House Strategy on Hunger, Nutrition and Health, aims to expand access to lifestyle medicine and behavior-change support in under-resourced communities as one major step toward making lifestyle medicine accessible to all. ACE is the first impact partner of the NTI, which will train medical professionals on the basics of lifestyle behavior change and equip them to address lifestyle-related chronic disease health disparities. The objective is to ensure that all communities, especially those with individuals most at risk of or living with chronic conditions, have access to evidence-based, whole-person, cost-effective care.

What This Means for ACE Certified Health Coaches

While health coaches may not recognize that they in fact work in the lifestyle medicine field, they often support clients in pursuing some or all of the [six pillars of lifestyle medicine](#): whole food, plant-predominant nutrition; physical activity; stress management; avoidance of risky substances; restorative sleep; and social connections.

The ACE/ACLM partnership helps lend additional credibility to the field of health coaching, as it offers an enhanced recognition of behavior-change professionals, and the value of the skill set they bring to the table. In addition, it offers health and wellness coaches an opportunity to add to that skill set and expand their impact.

"Overall, this partnership can significantly enrich the professional development of ACE and DSWI Certified Professionals," says Dr. Bryant, "enhancing their knowledge and skills to better serve their clients and offer them additional career opportunities in the health, fitness and wellness industries."