

Module 1: Introduction to Lifestyle Medicine

Unit 1: Overview and History of Lifestyle Medicine

Unit 2: Evidence and Practice

Unit 3: Lifestyle Medicine and Public Health

Module 2: Physician's Self-Care and Influence on Community Wellness

Unit 1: Physician Self-Care

Unit 2: Role of the Physician in Community and Workplace Wellness

Module 3: Nutrition in Chronic Disease: Prevention, Treatment, and Reversal

Unit 1: Introduction to Nutrition

Unit 2: Dietary Patterns

Unit 3: Micro- and Macronutrients

Unit 4: Clinical Nutrition Assessment

Unit 5: Nutrition for Prevention, Treatment, and Reversal of Obesity

Unit 6: Nutrition for Prevention, Treatment, and Reversal of Diabetes

Unit 7: Nutrition for Prevention, Treatment, and Reversal of Cardiovascular Disease

Unit 8: Nutrition for Prevention, Treatment, and Reversal of Autoimmune Disease

Unit 9: Nutrition for Prevention and Treatment of Cancer

Unit 10: Nutrition Prescriptions

Module 4: Physical Activity Science and Prescription

Unit 1: Introduction to Physical Activity

Unit 2: The Clinical Evidence for Physical Activity

Unit 3: Clinical Assessment Tools for Fitness and Exercise

Unit 4: The Physical Activity Prescription – Basics and Cardiovascular Exercise

Unit 5: The Physical Activity Prescription – Strength and Flexibility Training

Unit 6: Individualizing the Physical Activity Prescription

Module 5: Sleep Health Science and Interventions

Unit 1: Introduction to Sleep Health

Unit 2: Common Sleep Disorders

Unit 3: Lifestyle Interventions for Sleep Health

Module 6: Substance Use Disorders: Prevention, Diagnosis, and Treatment

Unit 1: Introduction to Substance Use

Unit 2: Treating Tobacco Dependence

Unit 3: Treating Alcohol Use Disorder

Module 7: Fundamentals of Health Behavioral Change

Unit 1: Foundations of Behavior Change

Unit 2: Motivational Interviewing

Unit 3: Supporting Behavior Change

Unit 4: Sustaining Change and Preventing Relapse

Module 8: Key Clinical Processes in Lifestyle Medicine

Unit 1: Screening and Diagnostics in Lifestyle Medicine

Unit 2: Collaborating in Lifestyle Medicine for Best Outcomes

Unit 3: Business Models in Lifestyle Medicine

Module 9: Emotional & Mental Well-being

Unit 1: Introduction to Stress

Unit 2: Lifestyle Management of Depression

Unit 3: Lifestyle Management of Anxiety

Unit 4: Mindfulness Based Stress Reduction

Module 10: Connectedness and Positive Psychology

Unit 1: Introduction to Positive Psychology

Unit 2: Wellbeing and Flourishing