

American Board of Lifestyle Medicine Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. Which statement about saturated fats, particularly palmitic acid, is accurate?**
 - A. It's primarily found in salmon.**
 - B. It significantly contributes to weight gain.**
 - C. It's abundant in palm oil.**
 - D. It has no impact on heart health.**
- 2. How can encouragement in self-efficacy impact a patient's behavior change?**
 - A. It may lead to frustration and withdrawal**
 - B. It enhances confidence and commitment to goals**
 - C. It creates dependency on healthcare providers**
 - D. It discourages setting high aspirations**
- 3. What is the minimum recommended physical activity for obese patients aiming to maintain weight after losing weight?**
 - A. 150 min per week of moderate intensity**
 - B. 250 min per week of moderate intensity**
 - C. 300 min per week of light intensity**
 - D. 120 min per week of vigorous intensity**
- 4. In terms of exercise recommendations for children aged 3-5, what should adults encourage?**
 - A. Planned workout sessions**
 - B. Competitive sports participation**
 - C. Structured exercise**
 - D. Active play activities**
- 5. What is the RDA for protein based on body weight?**
 - A. 0.8 g/kg**
 - B. 1.2 g/kg**
 - C. 1.5 g/kg**
 - D. 2.0 g/kg**

- 6. What age group does the six-minute walk test primarily assess performance for?**
- A. Children**
 - B. Young adults**
 - C. Adolescents**
 - D. Older adults**
- 7. What is the classification of mild congenital heart disease regarding exercise in pregnancy?**
- A. Absolute contraindication**
 - B. Conditional approval**
 - C. Relative contraindication**
 - D. Safe**
- 8. What level of care is defined as healthcare organization and community in the context of chronic disease management?**
- A. macro level**
 - B. meso level**
 - C. micro level**
 - D. policy level**
- 9. Which cognitive distortion is illustrated by the thought: "I feel like an idiot, so I really must be"?**
- A. Disqualifying the positive**
 - B. Labeling/mislabeling**
 - C. Emotional reasoning**
 - D. Personalization and blame**
- 10. In which context are hypnotic medications shown to be less effective than cognitive behavioral therapy for insomnia?**
- A. Short-term use only.**
 - B. Long-term treatment of insomnia.**
 - C. Initial evaluation of sleep issues.**
 - D. Emergency treatment for sleep disorders.**

Answers

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1. C
2. B
3. B
4. D
5. A
6. D
7. C
8. A
9. C
10. B

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Explanations

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1. Which statement about saturated fats, particularly palmitic acid, is accurate?

- A. It's primarily found in salmon.**
- B. It significantly contributes to weight gain.**
- C. It's abundant in palm oil.**
- D. It has no impact on heart health.**

The statement that palmitic acid is abundant in palm oil is accurate because palm oil contains a high level of saturated fats, with palmitic acid being one of the predominant fatty acids present. Palm oil is derived from the fruit of the oil palm tree and is widely used in cooking and food processing, largely due to its stability and longer shelf life. The characteristic composition of palm oil includes approximately 44%-45% palm acid content, making it a significant source of this particular saturated fat. The other statements do not accurately reflect the characteristics or effects of palmitic acid. While it's true that saturated fats can play a role in weight gain when consumed in excess, this statement is overly simplistic and doesn't accurately capture the balance of overall dietary intake and lifestyle factors that contribute to weight management. The idea that saturated fats have no impact on heart health is also misleading, as research indicates that high intake of saturated fats is associated with increased cholesterol levels, which may contribute to cardiovascular disease. Lastly, palmitic acid is not primarily found in salmon, which is known for its higher levels of omega-3 fatty acids rather than saturated fats.

2. How can encouragement in self-efficacy impact a patient's behavior change?

- A. It may lead to frustration and withdrawal**
- B. It enhances confidence and commitment to goals**
- C. It creates dependency on healthcare providers**
- D. It discourages setting high aspirations**

Encouragement in self-efficacy plays a significant role in impacting a patient's behavior change. When individuals feel confident in their ability to change and achieve their goals, they are more likely to engage in positive behaviors and maintain those changes over time. This enhanced sense of self-efficacy leads to greater motivation, persistence in the face of challenges, and an overall commitment to their health goals. When patients believe they can successfully navigate the steps necessary for change—such as adopting healthier eating habits, increasing physical activity, or managing stress—they tend to approach their goals with a proactive attitude. Increased self-efficacy not only fosters a sense of empowerment but also encourages patients to set more ambitious goals, envisioning success rather than limitations. As a result, these patients are likely to remain engaged in their health journeys and resilient against setbacks. This creates a positive feedback loop where achieving small successes can further bolster their confidence and commitment, making sustainable change more achievable.

3. What is the minimum recommended physical activity for obese patients aiming to maintain weight after losing weight?

- A. 150 min per week of moderate intensity**
- B. 250 min per week of moderate intensity**
- C. 300 min per week of light intensity**
- D. 120 min per week of vigorous intensity**

For individuals who are obese and have successfully lost weight, maintaining that weight loss is a challenge that can be effectively supported by physical activity. The current recommendations suggest that engaging in at least 250 minutes of moderate-intensity physical activity per week is beneficial for this population. This amount of activity has been shown to help sustain weight loss by increasing energy expenditure and helping to establish a consistent routine that can support healthy lifestyle changes.

Moderate-intensity activities may include brisk walking, cycling, or swimming, which can be sustained over longer periods and are more approachable for many people, especially those who are transitioning from a sedentary lifestyle. The focus on 250 minutes specifically addresses the increased physical demands that may accompany weight maintenance after significant weight loss, making it a crucial component of long-term weight management strategies. Furthermore, combining this level of physical activity with healthy dietary practices enhances the probability of preventing weight regain. Other choices do not align with the recommended guidelines for maintaining weight lost in obese patients, as they either underestimate the required activity level or suggest intensities that may not be suitable or sustainable for everyone in this category. Therefore, the choice of 250 minutes per week as a target is not only grounded in scientific evidence but also in practical applicability for those working to maintain

4. In terms of exercise recommendations for children aged 3-5, what should adults encourage?

- A. Planned workout sessions**
- B. Competitive sports participation**
- C. Structured exercise**
- D. Active play activities**

Encouraging active play activities for children aged 3-5 is vital as it aligns with the natural tendencies of young children, who learn and develop skills through play. At this age, children should engage in a variety of movements that promote physical activity in a fun and enjoyable way rather than formalized or structured exercise. Active play allows their bodies to develop strength, coordination, and social skills, as play often involves interaction with peers. This unstructured form of movement is crucial for cognitive and emotional development as well, fostering creativity and problem-solving skills. In contrast, planned workout sessions and structured exercise can impose a level of seriousness that may not resonate with young children's playful nature. Competitive sports participation may place undue pressure on children at a young age, which can detract from the enjoyment of physical activity. Focusing on active play activities provides opportunities for kids to enjoy movement freely, supports their developmental milestones, and encourages lifelong healthy habits without the constraints that come with more formalized exercise routines.

5. What is the RDA for protein based on body weight?

- A. 0.8 g/kg**
- B. 1.2 g/kg**
- C. 1.5 g/kg**
- D. 2.0 g/kg**

The Recommended Dietary Allowance (RDA) for protein is established to meet the nutritional needs of the majority of the population. It is set at 0.8 grams of protein per kilogram of body weight for adults. This amount is considered adequate to support overall health, muscle maintenance, tissue repair, and the synthesis of enzymes and hormones necessary for bodily functions. This guideline is rooted in research indicating that most sedentary adults require this amount of protein to maintain nitrogen balance and support general metabolic functions without excess. For individuals in specific populations, such as athletes or those recovering from illness, protein needs may be higher; however, the standard recommendation for the average adult is indeed 0.8 g/kg. This level reflects a balance that addresses the body's requirements without promoting excess protein intake, which could lead to unnecessary strain on the kidneys and other health issues.

6. What age group does the six-minute walk test primarily assess performance for?

- A. Children**
- B. Young adults**
- C. Adolescents**
- D. Older adults**

The six-minute walk test is primarily used to assess the exercise capacity and performance of older adults. This test measures the distance an individual can walk in six minutes and evaluates their functional mobility and endurance, which can be critical for assessing the overall health and physical function of older individuals. In older adults, the test is particularly valuable as it can help identify those who may be at risk of mobility limitations or falls. The results can also be beneficial in understanding the progression of chronic diseases or the effects of rehabilitation programs. While the test can technically be administered to individuals across various age groups, its primary application and the most valuable insights are in the context of older adults, where maintaining mobility and physical activity is crucial for independence and quality of life.

7. What is the classification of mild congenital heart disease regarding exercise in pregnancy?

- A. Absolute contraindication**
- B. Conditional approval**
- C. Relative contraindication**
- D. Safe**

Mild congenital heart disease is classified as a relative contraindication regarding exercise during pregnancy. This classification indicates that while there are considerations and potential risks associated with exercise for individuals experiencing this condition, it does not outright prohibit such activities. Instead, it suggests that exercise can generally be safe with precautions in place. In the context of pregnancy, women with mild congenital heart disease are often advised to engage in moderate exercise, as it promotes cardiovascular fitness and can positively impact overall health. However, it is essential for healthcare providers to evaluate the individual's specific condition, potential risks, and overall health status. By doing so, tailored recommendations can be made, which may include monitoring heart function and adjusting exercise intensity as needed. The classification acknowledges that while there isn't a strict ban on exercise for this population, medical guidance and monitoring are crucial to ensure safety for both the mother and the developing fetus.

8. What level of care is defined as healthcare organization and community in the context of chronic disease management?

- A. macro level**
- B. meso level**
- C. micro level**
- D. policy level**

The correct answer pertains to the macro level of care, which refers to broad healthcare systems and community influences in the management of chronic diseases. At this level, the focus is on large-scale health initiatives and policies that impact entire populations. This includes factors such as access to care, health policies, and the overall infrastructure of healthcare systems that are necessary for addressing chronic diseases effectively. In chronic disease management, the macro level encompasses population health strategies, public health campaigns, and legislative initiatives aimed at improving health outcomes for community members. This level recognizes that chronic disease management goes beyond individual patient care and involves systemic changes that can lead to better health outcomes for large groups of individuals. Understanding the macro level is crucial for practitioners because it emphasizes the importance of considering how social determinants of health, community resources, and healthcare accessibility collectively influence chronic disease management on a population scale. This perspective encourages a holistic approach that integrates community health resources, public policy, and organizational strategies to effectively manage chronic diseases.

9. Which cognitive distortion is illustrated by the thought: "I feel like an idiot, so I really must be"?

- A. Disqualifying the positive**
- B. Labeling/mislabeling**
- C. Emotional reasoning**
- D. Personalization and blame**

The thought "I feel like an idiot, so I really must be" exemplifies emotional reasoning, which is a cognitive distortion where a person interprets their emotions as evidence of fact. In this case, the individual is using their feeling of being foolish as validation for that belief, suggesting that emotions alone dictate reality. Emotional reasoning often leads individuals to draw conclusions based solely on their feelings rather than assessing the situation based on rational thought or evidence. This can perpetuate negative self-perceptions and hinder personal growth, as feelings may not accurately reflect reality. Contextually, while the other options represent different cognitive distortions, they do not capture the essence of the thought presented. Disqualifying the positive refers to ignoring positive experiences, labeling/mislabeling involves assigning global labels to oneself or others, and personalization and blame relates to taking excessive responsibility for events beyond one's control. None of these distortions align with deriving conclusions from emotions, which is central to emotional reasoning.

10. In which context are hypnotic medications shown to be less effective than cognitive behavioral therapy for insomnia?

- A. Short-term use only.**
- B. Long-term treatment of insomnia.**
- C. Initial evaluation of sleep issues.**
- D. Emergency treatment for sleep disorders.**

Cognitive behavioral therapy for insomnia (CBT-I) has been shown to be more effective than hypnotic medications, particularly in the context of long-term treatment. This is primarily due to the fact that CBT-I addresses the underlying behaviors and thought patterns that contribute to insomnia, fostering healthier sleep habits and more sustainable results over time. In contrast, hypnotic medications tend to provide symptomatic relief rather than addressing the root causes of insomnia. While they may be effective in the short term, reliance on these medications can lead to tolerance, dependence, and may not promote natural sleep benefits associated with behavior modification techniques used in CBT-I. Studies indicate that individuals who undergo CBT-I often experience a more substantial and lasting improvement in sleep quality, whereas those reliant on hypnotics may experience relapse or insufficient improvement after stopping the medication. This aspect highlights the limitations of pharmacological interventions in the long-term management of insomnia compared to the holistic approach that CBT-I offers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://americanboardlifestylemed.examzify.com>

We wish you the very best on your exam journey. You've got this!