

AMERICAN BOARD OF LIFESTYLE MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://americanboardlifestylemed.examzify.com>



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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

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- 1. What is the most appropriate strategy for preventing lapses in healthy behavior?**
 - A. Digital and live exploration of triggers
 - B. Frequent exposure to lapse triggers
 - C. Making use of friends' recommended social media sites
 - D. Support with digital self-help apps
- 2. What is the average sleep need for children aged 5-12 years?**
 - A. 8-10 hours
 - B. 10-11 hours
 - C. 11-12 hours
 - D. 12-14 hours
- 3. What is the best explanation for reducing advanced glycation end products (AGE) in a diet for a patient with diabetes?**
 - A. AGEs are produced during moist heat cooking and indicate a high-fat diet.
 - B. AGEs are produced by the body when carbohydrate intake is high, raising blood glucose.
 - C. Reducing AGEs leads to weight loss by altering food preparation methods.
 - D. AGEs in protein-rich foods are directly linked to chronic disease development.
- 4. Which cardiometabolic factors relate significantly to the physical activity vital sign (PAVS)?**
 - A. Overweight, obesity, hypertension, age
 - B. Overweight, obesity, hypertension, HDL
 - C. Overweight, obesity, hypertension, LDL
 - D. Overweight, obesity, hypertension, A1C
- 5. What characterizes tertiary prevention?**
 - A. Preventing burnout via the six pillars
 - B. Utilizing mindfulness techniques
 - C. Minimizing the adverse consequences of disease
 - D. Improving the health of populations

- 6. How does lifestyle medicine compare to preventive medicine in terms of approach?**
- A. They are the same in approach
 - B. Medication is the end goal in both
 - C. Personalized care is a key feature in both
 - D. Preventive medicine emphasizes population-based interventions
- 7. Which of the following factors is crucial for lifestyle modification success?**
- A. Social isolation
 - B. Mastery experiences
 - C. Genetic predisposition
 - D. Randomized control trials
- 8. A 2009 study by Barnard et al. compared a low fat vegan diet versus a conventional diabetes diet. Which statement best describes their findings?**
- A. Both diets were associated with sustained reductions in weight and lipids
 - B. Neither diet showed significant reduction in weight or lipids
 - C. The low fat vegan diet was associated with a reduction in weight while the diabetic diet only lost weight
 - D. Weight loss was significantly different between the two groups
- 9. Which lifestyle factor has been shown to prevent diabetes among at-risk individuals?**
- A. Reduced alcohol intake
 - B. Increase in sedentary behavior
 - C. Diets high in simple carbohydrates
 - D. Increased physical activity and healthy eating
- 10. Which of the following is an effect of acetaldehyde build-up caused by disulfiram?**
- A. Increased appetite
 - B. Flushing and nausea
 - C. Weight loss
 - D. Euphoria

Answers

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

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Explanations

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1. What is the most appropriate strategy for preventing lapses in healthy behavior?

- A. Digital and live exploration of triggers
- B. Frequent exposure to lapse triggers
- C. Making use of friends' recommended social media sites
- D. Support with digital self-help apps**

The most appropriate strategy for preventing lapses in healthy behavior involves the utilization of support from digital self-help apps. These applications often offer structured guidance, reminders, and motivational tools that can help individuals stay on track with their health goals. They can provide personalized feedback, track progress, and even foster a sense of community with others who are working toward similar objectives, which enhances accountability and support. Using digital self-help apps can also facilitate easy access to resources related to lifestyle changes, such as nutrition education, exercise programs, and stress management techniques. The convenience of having these tools readily available can empower individuals to make healthier choices more consistently, thereby reducing the likelihood of experiencing lapses in their healthy behaviors. In contrast, while exploring triggers can be useful in understanding the underlying reasons for lapses, it lacks the structured support that digital self-help apps can provide. Frequent exposure to lapse triggers could potentially increase the chances of experiencing those lapses rather than preventing them. Relying on friends' recommendations for social media sites may not provide the systematic support necessary for sustained behavior change.

2. What is the average sleep need for children aged 5-12 years?

- A. 8-10 hours
- B. 10-11 hours**
- C. 11-12 hours
- D. 12-14 hours

The average sleep need for children aged 5-12 years is primarily around 10-11 hours per night. This age group experiences significant cognitive and physical development, making adequate sleep essential for their growth, focus, and overall health. During this time, children's brains are developing rapidly, and adequate sleep supports this process, enhancing learning, memory consolidation, emotional regulation, and physical health. General guidelines from sleep experts, including organizations such as the American Academy of Pediatrics, suggest that this range allows children not just to feel rested but also to function optimally throughout the day. Sleeping within this range helps to minimize issues such as behavioral problems, mood swings, and difficulties with attention that inadequate sleep can exacerbate. Understanding the specific sleep needs of children is essential for parents and caregivers to create routines that promote healthy sleep patterns, ensuring that children can thrive and reach their developmental milestones.

3. What is the best explanation for reducing advanced glycation end products (AGE) in a diet for a patient with diabetes?

- A. AGEs are produced during moist heat cooking and indicate a high-fat diet.
- B. AGEs are produced by the body when carbohydrate intake is high, raising blood glucose.
- C. Reducing AGEs leads to weight loss by altering food preparation methods.
- D. AGEs in protein-rich foods are directly linked to chronic disease development.**

The focus on reducing advanced glycation end products (AGEs) in the diet, particularly for a patient with diabetes, is well-supported by the connection between AGEs and chronic disease development. AGEs are harmful compounds that form when proteins or fats combine with sugars in a process called glycation, which can occur both in the body and through cooking methods. The presence of AGEs in the diet has been associated with various chronic conditions, including cardiovascular diseases, kidney disease, and diabetes complications. For individuals with diabetes, managing blood glucose levels is crucial, and high levels of AGEs can exacerbate insulin resistance, inflammation, and oxidative stress, further complicating the management of diabetes. Therefore, the reduction of AGEs, particularly from protein-rich foods, can be an important strategy for decreasing the risk of complications associated with diabetes and improving overall health outcomes. Adjusting dietary choices and cooking practices to minimize AGEs can lead to better management of the disease and lower the risk of developing additional chronic health issues.

4. Which cardiometabolic factors relate significantly to the physical activity vital sign (PAVS)?

- A. Overweight, obesity, hypertension, age**
- B. Overweight, obesity, hypertension, HDL
- C. Overweight, obesity, hypertension, LDL
- D. Overweight, obesity, hypertension, A1C

The physical activity vital sign (PAVS) is a measure that assesses a person's physical activity levels and is vital for understanding cardiometabolic health. The correct choice highlights factors that are closely connected with physical activity and its impact on overall health. Overweight and obesity are direct results of imbalanced energy expenditure and consumption, making them crucial markers in understanding an individual's lifestyle and risk for various diseases, including cardiovascular issues and diabetes. Individuals who engage in regular physical activity tend to maintain a healthier weight and reduce the risk of developing obesity-related conditions. Hypertension, or high blood pressure, is another important cardiometabolic marker that is influenced by physical activity levels. Regular exercise is known to help manage and lower blood pressure, reducing the risk of heart disease and stroke. Age is a significant factor as well, as it can influence both physical activity levels and the risk of cardiometabolic diseases. The relationship between age and physical activity can help healthcare providers assess risk and tailor personalized lifestyle interventions. While other options included HDL, LDL, and A1C, these are specific biomarkers of cholesterol levels and glucose management that may reflect the results of physical activity but are not as directly linked to activity levels as overweight, obesity, hypertension, and age are. Understanding these four

5. What characterizes tertiary prevention?

- A. Preventing burnout via the six pillars
- B. Utilizing mindfulness techniques
- C. Minimizing the adverse consequences of disease**
- D. Improving the health of populations

Tertiary prevention is characterized by strategies aimed at minimizing the adverse consequences of an already established disease. This level of prevention focuses on helping individuals manage their long-term, complex health problems effectively to improve their quality of life. The goal is to prevent further deterioration and complications, reduce disability, and promote rehabilitation and functioning improvement. This approach typically involves specific medical interventions, lifestyle modifications, and supportive care for individuals who have been diagnosed with a disease. It can include activities such as rehabilitation exercises, occupational therapy, or education on managing chronic conditions to help patients regain their independence and improve their overall wellness. In contrast, preventing burnout via the six pillars and utilizing mindfulness techniques are more aligned with primary or secondary prevention strategies, which seek to prevent disease or detect it early. Improving the health of populations also focuses on broader public health initiatives rather than addressing the individual consequences of a specific disease, which is the central concern of tertiary prevention.

6. How does lifestyle medicine compare to preventive medicine in terms of approach?

- A. They are the same in approach
- B. Medication is the end goal in both
- C. Personalized care is a key feature in both
- D. Preventive medicine emphasizes population-based interventions**

Lifestyle medicine and preventive medicine differ significantly in their approaches, particularly in how they address health and disease. Preventive medicine focuses on population-based interventions aimed at reducing the incidence of diseases across groups or communities. Its methods may include vaccination programs, public health campaigns, and screenings, which are designed to identify risk factors and protect overall public health. This broad approach emphasizes strategies that have a widespread impact, aiming to reduce the burden of diseases at a population level rather than focusing solely on individual patient care. On the other hand, lifestyle medicine is more individualized and emphasizes the role of personal behaviors in health management. It approaches health through promoting specific lifestyle changes like nutrition, physical activity, sleep, and stress management. This method recognizes individual variability and strives to empower patients to make informed choices that can lead to long-term health improvements. By highlighting the population-based interventions of preventive medicine, it is clear that there is a fundamental distinction in the methodology and focus between the two fields.

7. Which of the following factors is crucial for lifestyle modification success?

- A. Social isolation
- B. Mastery experiences**
- C. Genetic predisposition
- D. Randomized control trials

Mastery experiences are crucial for lifestyle modification success because they refer to the process of building confidence through gradual successes in implementing healthier behaviors. When individuals engage in activities, such as exercising or making healthier food choices, and experience positive outcomes, it fosters a sense of competence. This, in turn, encourages them to continue adopting and maintaining these lifestyle changes. Experiencing success, even in small steps, reinforces the belief that change is possible and sustainable. It helps to develop self-efficacy, which is the confidence in one's ability to execute the necessary behaviors to achieve specific outcomes. When individuals witness their progress and capabilities, they are more likely to persist through challenges and setbacks in their journey toward improved health. In contrast, social isolation can hinder the support system that is often necessary for making and maintaining lifestyle changes. Genetic predisposition may play a role in health outcomes but does not directly contribute to the behavioral changes needed for effective lifestyle modification. Lastly, while randomized control trials are valuable for evaluating interventions, they are not directly applicable to individual behavior change processes. The focus on mastery experiences highlights the importance of personal successes in achieving lasting lifestyle change.

8. A 2009 study by Barnard et al. compared a low fat vegan diet versus a conventional diabetes diet. Which statement best describes their findings?

- A. Both diets were associated with sustained reductions in weight and lipids**
- B. Neither diet showed significant reduction in weight or lipids
- C. The low fat vegan diet was associated with a reduction in weight while the diabetic diet only lost weight
- D. Weight loss was significantly different between the two groups

The study conducted by Barnard et al. in 2009 provided insights into the effectiveness of a low-fat vegan diet compared to a conventional diabetes diet. Both diets led to sustained reductions in weight and lipids, indicating that regardless of the dietary approach, participants experienced improvements in their overall health markers. This finding emphasizes that both dietary strategies can be beneficial for weight management and lipid profiles, which are critical factors for individuals managing diabetes. The results highlight the potential of plant-based diets in achieving health improvements, while supporting the idea that multiple dietary approaches can be valid in a diabetes management context.

9. Which lifestyle factor has been shown to prevent diabetes among at-risk individuals?

- A. Reduced alcohol intake
- B. Increase in sedentary behavior
- C. Diets high in simple carbohydrates
- D. Increased physical activity and healthy eating**

The option that highlights increased physical activity and healthy eating as a lifestyle factor is correct because numerous studies have demonstrated that these two elements are crucial in preventing type 2 diabetes, particularly among individuals at risk. Engaging in regular physical activity improves insulin sensitivity, helps maintain a healthy weight, and contributes to better glucose metabolism, all of which are important in reducing the likelihood of developing diabetes. Moreover, adopting a diet that is rich in whole foods, such as fruits, vegetables, whole grains, and lean proteins, while being low in unhealthy fats and sugars, further supports metabolic health. These dietary changes not only help manage body weight but also stabilize blood glucose levels, which reduces the risk of diabetes progression. In contrast, options like reduced alcohol intake, increased sedentary behavior, and diets high in simple carbohydrates do not support diabetes prevention. They either neglect an active lifestyle, promote behaviors that increase the risk of diabetes, or encourage diets that can lead to weight gain and impaired glucose tolerance. Thus, focusing on increased physical activity and healthy eating is a proven strategy for diabetes prevention.

10. Which of the following is an effect of acetaldehyde build-up caused by disulfiram?

- A. Increased appetite
- B. Flushing and nausea**
- C. Weight loss
- D. Euphoria

The build-up of acetaldehyde caused by disulfiram primarily leads to flushing and nausea as its most notable effects. Disulfiram works by inhibiting the enzyme aldehyde dehydrogenase, which is crucial for metabolizing acetaldehyde—a byproduct of alcohol metabolism. When alcohol is consumed while taking disulfiram, acetaldehyde accumulates in the body, leading to unpleasant symptoms such as facial flushing, rapid heartbeat, nausea, vomiting, and palpitations. These adverse effects serve as a deterrent to drinking alcohol, reinforcing the treatment's aim to support patients in maintaining sobriety. In contrast, the other options do not align with the physiological reactions associated with acetaldehyde accumulation. Increased appetite and euphoria are not typical responses to disulfiram treatment and do not result from acetaldehyde build-up. Instead, these symptoms would be more likely associated with compounds or situations that either promote or reward alcohol consumption rather than deter it. Weight loss might occur in some individuals due to reduced alcohol intake, but it is not a direct effect of acetaldehyde itself.

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!

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