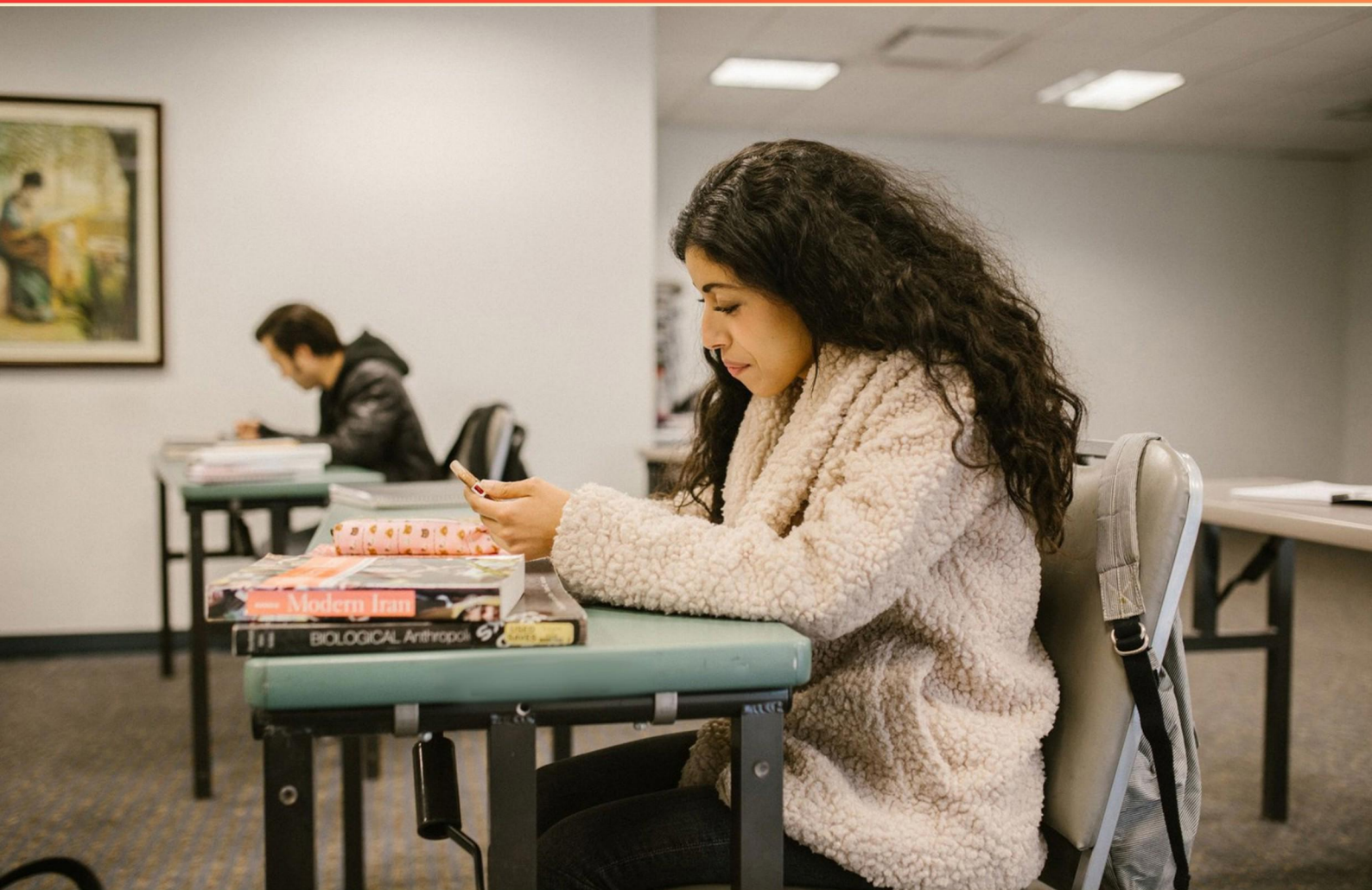


AMERICAN BOARD OF LIFESTYLE MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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. Which dietary source is recommended for a woman seeking to increase her intake of eicosapentaenoic acid (EPA) while adhering to a plant-based diet?**
 - A. Algal supplements
 - B. Flax seeds
 - C. Olive oil
 - D. Walnuts
- 2. According to the EPIC study, what is one advantage of following a vegetarian diet?**
 - A. Higher incidence of all cancers
 - B. Increased vitamin D levels
 - C. Lower chance of developing CVD
 - D. Higher fiber intake
- 3. Which of the following factors is NOT one of the 10 significant risk factors identified in the INTERSTROKE study?**
 - A. Heart failure
 - B. Current smoking
 - C. High blood pressure
 - D. Alcohol use
- 4. What was a key finding regarding vegetarian diets from the Adventist Health Study?**
 - A. Increased risk for chronic diseases
 - B. Higher rates of all-cause mortality
 - C. Reduced risk for all-cause mortality
 - D. Higher average BMI
- 5. When reflecting the idea that "while it is important to you to maintain a healthy weight, it is also important to enjoy family celebrations in the summer which often include ice cream," what type of reflection is this?**
 - A. Shifting focus
 - B. Double-sided reflection
 - C. Amplified reflection
 - D. Simple reflection

- 6. What is the risk percentage attributed to a combination of psychosocial factors for women compared to men, based on the INTERHEART study?**
- A. 90% for men and 94% for women
 - B. 85% for men and 92% for women
 - C. 80% for men and 85% for women
 - D. 70% for men and 75% for women
- 7. What is the effect of prolonged sitting on metabolic function?**
- A. Enhanced metabolic function, decreased triglycerides
 - B. Decreased insulin sensitivity and HDL, enhanced metabolic function, increased triglycerides
 - C. Decreased insulin sensitivity, HDL and metabolic function, increased triglycerides
 - D. Increased insulin sensitivity and HDL, enhanced metabolic function, increased triglycerides
- 8. How much lower was the risk of coronary heart disease when all five risk factors were absent in the Nurses Health Study?**
- A. 72%
 - B. 82%
 - C. 90%
 - D. 65%
- 9. What characterizes NOVA category 4 foods?**
- A. Natural and whole foods
 - B. Foods combined from minimally processed ingredients
 - C. Ultra-processed foods with artificial additives
 - D. Organic and grass-fed products
- 10. In positive psychology, what is the second key domain of study apart from positive affect?**
- A. Affirmation of others
 - B. Balance in time spent on self and others
 - C. Commitment to goals
 - D. Virtues and strengths

Answers

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

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Explanations

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1. Which dietary source is recommended for a woman seeking to increase her intake of eicosapentaenoic acid (EPA) while adhering to a plant-based diet?

A. Algal supplements

B. Flax seeds

C. Olive oil

D. Walnuts

The recommended dietary source for increasing eicosapentaenoic acid (EPA) intake while following a plant-based diet is algal supplements. Algal oil is derived from algae and is one of the few plant-based sources that provide EPA directly, making it an excellent choice for individuals who do not consume fish or fish products. This is particularly important for those following a vegan or vegetarian diet because traditional sources of EPA, such as fatty fish, are not included in their diets. Algal supplements typically contain both EPA and docosahexaenoic acid (DHA), another omega-3 fatty acid that supports heart and brain health. Other options, such as flax seeds, olive oil, and walnuts, while healthy, do not provide EPA directly. Instead, they contain alpha-linolenic acid (ALA), which the body can convert to EPA, but the conversion process is inefficient and often does not yield sufficient amounts to meet physiological needs. This is why for individuals specifically looking to increase EPA intake, algal supplements are the most effective choice within a plant-based framework.

2. According to the EPIC study, what is one advantage of following a vegetarian diet?

A. Higher incidence of all cancers

B. Increased vitamin D levels

C. Lower chance of developing CVD

D. Higher fiber intake

Following a vegetarian diet has been associated with a lower chance of developing cardiovascular disease (CVD), as highlighted in various studies, including the EPIC study. This is largely attributed to the dietary patterns and food choices typical of vegetarian diets, which often include higher intakes of fruits, vegetables, whole grains, and legumes. These foods are rich in essential nutrients, healthy fats, and antioxidants, which collectively contribute to improved heart health. Moreover, vegetarian diets tend to be lower in saturated fats and contain no cholesterol, factors that are critical in mitigating the risk of CVD. Furthermore, by encouraging the consumption of plant-based foods, a vegetarian diet may naturally lead to better control of body weight, blood pressure, and cholesterol levels—all important risk factors for cardiovascular conditions. The other options do not align with the findings of the EPIC study regarding advantages of a vegetarian diet. For example, higher incidence of all cancers is contrary to the protective association often observed with vegetarian diets against certain types of cancer. Increased vitamin D levels can be challenging in vegetarian diets unless fortified foods or certain supplements are included, and while vegetarians may consume more fiber due to higher intake of whole plant foods, this is a secondary benefit rather than a core advantage related to CVD risk specifically.

3. Which of the following factors is NOT one of the 10 significant risk factors identified in the INTERSTROKE study?

- A. Heart failure**
- B. Current smoking
- C. High blood pressure
- D. Alcohol use

The INTERSTROKE study aimed to identify the major risk factors contributing to stroke across different populations. Among the ten significant risk factors identified, aspects such as current smoking, high blood pressure, and alcohol use are included because they have a clear and substantial association with stroke risk. Heart failure, while it is a serious cardiovascular condition and can increase the risk of various complications, is not classified as one of the primary risk factors for stroke within the context of this specific study. Instead, the focus was on modifiable lifestyle factors and medical conditions that directly increase the likelihood of stroke occurrence. Thus, listing heart failure as one of the significant risk factors deviates from the findings of the INTERSTROKE study.

4. What was a key finding regarding vegetarian diets from the Adventist Health Study?

- A. Increased risk for chronic diseases
- B. Higher rates of all-cause mortality
- C. Reduced risk for all-cause mortality**
- D. Higher average BMI

The Adventist Health Study revealed that vegetarian diets are associated with a reduced risk for all-cause mortality. This finding highlights the health benefits of plant-based dietary patterns, which are typically rich in fruits, vegetables, whole grains, nuts, and legumes. These foods are not only nutrient-dense but also high in fiber and low in saturated fats, which contribute to better overall health and a lower incidence of chronic diseases such as heart disease, diabetes, and some cancers. Moreover, the study indicates that those adhering to a vegetarian diet tend to have healthier lifestyle choices overall, including lower rates of smoking and higher levels of physical activity. This comprehensive approach to health supports the idea that a vegetarian diet can play a crucial role in promoting longevity and improving quality of life. The other options mentioned do not align with the findings of the Adventist Health Study, as they indicate negative outcomes that are not supported by the evidence highlighting the benefits of vegetarian diets. This emphasizes the significance of understanding dietary patterns in relation to health outcomes, particularly in promoting a lifestyle that contributes positively to longevity and reduces disease risk.

5. When reflecting the idea that "while it is important to you to maintain a healthy weight, it is also important to enjoy family celebrations in the summer which often include ice cream," what type of reflection is this?

- A. Shifting focus
- B. Double-sided reflection**
- C. Amplified reflection
- D. Simple reflection

This reflection style is identified as double-sided reflection because it captures two contrasting elements of the individual's experience. In this scenario, the emphasis is placed on maintaining a healthy weight, which is a personal health goal, while acknowledging the desire to partake in enjoyable family celebrations that include ice cream. By articulating both the commitment to health and the intention to engage in pleasurable activities, this reflection recognizes the complexity of the individual's feelings and priorities. It reflects an understanding that lifestyle choices aren't solely about restriction but also about balance and enjoyment in life. This type of reflection helps the individual feel understood and can facilitate a dialogue about finding ways to integrate healthy habits with joyful experiences.

6. What is the risk percentage attributed to a combination of psychosocial factors for women compared to men, based on the INTERHEART study?

- A. 90% for men and 94% for women**
- B. 85% for men and 92% for women
- C. 80% for men and 85% for women
- D. 70% for men and 75% for women

In the INTERHEART study, researchers investigated the impact of various lifestyle and psychosocial factors on the risk of myocardial infarction (heart attack). The results showed that psychosocial factors contribute significantly to the risk of cardiovascular events, and interestingly, the study highlighted that these factors have a different impact on men compared to women. The correct choice indicates that the risk attributed to a combination of psychosocial factors is 90% for men and 94% for women. This finding reflects the heightened vulnerability women might experience from psychosocial stress, which is often compounded by societal and lifestyle factors. The study underscores that while both genders face risks from psychosocial influences, women show an even greater percentage, potentially suggesting an increased sensitivity or differential response to psychosocial stressors. Understanding these percentages is crucial in lifestyle medicine because it emphasizes the need for targeted interventions that consider the unique psychosocial challenges faced by women, making it essential for practitioners to develop comprehensive care strategies that address these specific risks.

7. What is the effect of prolonged sitting on metabolic function?

- A. Enhanced metabolic function, decreased triglycerides
- B. Decreased insulin sensitivity and HDL, enhanced metabolic function, increased triglycerides**
- C. Decreased insulin sensitivity, HDL and metabolic function, increased triglycerides
- D. Increased insulin sensitivity and HDL, enhanced metabolic function, increased triglycerides

Prolonged sitting negatively impacts metabolic function in several ways. One significant effect is decreased insulin sensitivity, meaning the body's cells become less responsive to insulin, which is crucial for regulating blood sugar. This decreased sensitivity can lead to higher blood glucose levels and, over time, may increase the risk of type 2 diabetes. Additionally, prolonged sitting is associated with lower levels of HDL (high-density lipoprotein) cholesterol, often referred to as "good" cholesterol. HDL plays a protective role against cardiovascular diseases, so its decrease is concerning. Furthermore, extended periods of inactivity can contribute to an increase in triglycerides, a type of fat found in the blood that, when elevated, raises the risk for heart disease and other metabolic disorders. Although metabolic function can be enhanced by physical activity, prolonged periods of sitting inhibit this enhancement, leading to a more harmful metabolic profile overall. Therefore, the correct answer captures the multiple adverse effects of prolonged sitting on both insulin sensitivity and HDL levels, as well as the negative impact on metabolic function and the increase in triglycerides.

8. How much lower was the risk of coronary heart disease when all five risk factors were absent in the Nurses Health Study?

- A. 72%
- B. 82%**
- C. 90%
- D. 65%

The risk of coronary heart disease was significantly reduced when all five key risk factors were absent, as highlighted in the Nurses Health Study. This finding emphasizes the importance of lifestyle choices in preventing cardiovascular disease. Specifically, when none of the five established risk factors—such as smoking, obesity, physical inactivity, poor diet, and hypertension—were present, the study found an 82% lower risk of developing coronary heart disease. This substantial reduction underscores the potential of lifestyle interventions to positively impact heart health. By focusing on maintaining a healthy weight, engaging in regular physical activity, adhering to a nutritious diet, and avoiding smoking, individuals can greatly diminish their chances of experiencing coronary heart disease. The findings of the Nurses Health Study serve as a compelling reminder of the critical role lifestyle factors play in cardiovascular health and disease prevention.

9. What characterizes NOVA category 4 foods?

- A. Natural and whole foods
- B. Foods combined from minimally processed ingredients
- C. Ultra-processed foods with artificial additives**
- D. Organic and grass-fed products

NOVA category 4 foods are characterized as ultra-processed foods that typically contain artificial ingredients, additives, and substances not commonly found in a home kitchen. These foods often undergo significant industrial processing and may include components such as flavor enhancers, preservatives, emulsifiers, and other types of food additives that extend shelf life or enhance taste, texture, and color. Examples include sugary drinks, packaged snacks, instant noodles, and ready-to-eat meals that are far removed from their original food sources, highlighting their reliance on industrial processes and chemical formulations. In contrast, the other categories defined by NOVA focus on less processed options, which emphasize natural or minimally altered foods. This distinction is crucial in understanding the nutritional implications of various food types, as ultra-processed foods are often linked to negative health outcomes when consumed in high quantities.

10. In positive psychology, what is the second key domain of study apart from positive affect?

- A. Affirmation of others
- B. Balance in time spent on self and others
- C. Commitment to goals
- D. Virtues and strengths**

In positive psychology, the second key domain of study, alongside positive affect, focuses on virtues and strengths. This area emphasizes understanding and promoting the inherent strengths and virtues that individuals possess. It investigates how these qualities contribute to overall well-being, resilience, and life satisfaction. Research in this domain often examines character strengths such as courage, compassion, and perseverance, and how cultivating these strengths can lead to a more fulfilling and meaningful life. Additionally, virtues such as wisdom, justice, and temperance play a crucial role in shaping behavior and decision-making, further enhancing one's psychological well-being. By concentrating on virtues and strengths, positive psychology enables individuals to leverage their positive attributes to foster personal growth, improve relationships, and create a more engaging life experience. This holistic approach underlines the importance of recognizing and developing what is best within each person, rather than solely focusing on the alleviation of negative emotions or dysfunction.

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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