

AMERICAN COLLEGE OF LIFESTYLE MEDICINE (ACLM) BOARD PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 of the following is NOT one of the general principles of Motivational Interviewing?**
 - A. Express empathy
 - B. Support self-criticism
 - C. Develop discrepancy
 - D. Roll with Resistance
- 2. What is the predominant entraining force of the central SCN clock?**
 - A. Temperature
 - B. Melatonin
 - C. Light
 - D. Exercise
- 3. What is a stronger indicator of decreased all-cause mortality risk than weight alone?**
 - A. Dietary habits
 - B. Physical activity
 - C. Body mass index
 - D. Smoking status
- 4. Which of the following accurately describes Functional Medicine?**
 - A. A focus solely on nutritional management
 - B. An approach that emphasizes drug therapy
 - C. A model that prioritizes prevention through lifestyle changes
 - D. A practice limited to alternative therapies
- 5. Which factor increases the likelihood that healthcare professionals will discuss lifestyle changes with their patients?**
 - A. Rising healthcare costs
 - B. Patient's socioeconomic status
 - C. Patients' body weight related to their own
 - D. Knowledge of health conditions

- 6. Which lifestyle factor is most associated with improved mental health?**
- A. Healthy eating habits
 - B. Regular physical activity
 - C. Consistent sleeping patterns
 - D. Avoiding social interactions
- 7. Which health indicator can be improved by reducing the intake of processed foods, according to lifestyle medicine?**
- A. Waist circumference
 - B. Blood pressure
 - C. Cholesterol levels
 - D. All of the above
- 8. Which strategy is considered effective for managing stress?**
- A. Regularly consuming caffeine
 - B. Sitting in silence
 - C. Mindfulness meditation
 - D. Redundant multitasking
- 9. Walnuts are high in which type of nutrient, while pecans are high in what?**
- A. Omega-3 and Omega-9
 - B. Omega-6 and Omega-3
 - C. Omega-3 and Omega-6
 - D. Omega-9 and Omega-3
- 10. Which approach is effective for managing stress and promoting well-being?**
- A. Avoidance of stressful situations
 - B. Meditation and mindfulness practices
 - C. Increased work hours and demands
 - D. Disregarding sleep quality

Answers

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

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Explanations

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1. Which of the following is NOT one of the general principles of Motivational Interviewing?

- A. Express empathy
- B. Support self-criticism**
- C. Develop discrepancy
- D. Roll with Resistance

Motivational Interviewing (MI) is a client-centered counseling style designed to elicit behavior change by helping individuals to explore and resolve ambivalence. Among the core principles of MI, expressing empathy, developing discrepancy, and rolling with resistance are foundational techniques that facilitate this process. Expressing empathy involves understanding the client's perspective and feelings without judgment. This principle helps to create a safe and trusting environment in which clients feel heard and valued, making them more open to discussing their challenges and motivations for change. Developing discrepancy is about helping clients recognize the gap between their current behavior and their broader goals or values. This awareness can ignite motivation to make changes, as clients understand the importance of aligning their actions with their aspirations. Rolling with resistance is a technique to handle client ambivalence or reluctance. Instead of confronting resistance head-on, MI encourages practitioners to adapt and explore the resistance in a non-confrontational way. This approach allows clients to retain autonomy while contemplating their next steps and fosters a more collaborative conversation. In contrast, supporting self-criticism is not a recognized principle of MI. Encouraging clients to be self-critical can lead to defensiveness and a decrease in motivation, as it may evoke feelings of shame and inadequacy. MI aims to foster self

2. What is the predominant entraining force of the central SCN clock?

- A. Temperature
- B. Melatonin
- C. Light**
- D. Exercise

The predominant entraining force of the central suprachiasmatic nucleus (SCN) clock is light. The SCN, located in the hypothalamus, is responsible for regulating circadian rhythms in response to environmental light cues. When light is perceived through the retina, this information is transmitted to the SCN, which then orchestrates various physiological and behavioral processes, including sleep-wake cycles, hormone release, and metabolism, according to the time of day. Light serves as a powerful synchronizing agent that helps align the body's internal clock with the external environment. This synchronization is crucial for maintaining overall health and well-being, as it allows the body to anticipate and adapt to daily fluctuations in light and darkness. While other factors like temperature, melatonin, and exercise can influence circadian rhythms and support overall health, they do not serve as the primary entraining signal for the central SCN clock. Temperature can have some slight effects on circadian behavior, and melatonin plays a role in signaling nighttime and promoting sleep, but neither is as powerful as light in establishing the rhythmic cycle governed by the SCN. Exercise can also impact circadian rhythms but primarily acts as a secondary influence rather than a primary entraining force.

3. What is a stronger indicator of decreased all-cause mortality risk than weight alone?

- A. Dietary habits
- B. Physical activity**
- C. Body mass index
- D. Smoking status

Physical activity is recognized as a more significant indicator of decreased all-cause mortality risk compared to weight alone. Engaging in regular physical activity has profound effects on overall health, reducing the risk of chronic diseases such as cardiovascular diseases, type 2 diabetes, and certain cancers. It also improves cardiovascular fitness, muscle strength, and overall functional capacity, which contribute to longevity and better quality of life. Research consistently shows that individuals who are physically active tend to have lower mortality rates, even when controlling for other factors such as weight or body mass index (BMI). This suggests that the benefits derived from physical activity extend beyond just weight management and include factors related to metabolic health, psychological well-being, and social engagement. While dietary habits, body mass index, and smoking status also play critical roles in health outcomes, physical activity is uniquely impactful in promoting health through mechanisms that support cardiovascular, musculoskeletal, and mental health—making it a vital component in lifestyle medicine aimed at reducing all-cause mortality risk.

4. Which of the following accurately describes Functional Medicine?

- A. A focus solely on nutritional management
- B. An approach that emphasizes drug therapy
- C. A model that prioritizes prevention through lifestyle changes**
- D. A practice limited to alternative therapies

Functional Medicine is characterized by its emphasis on a holistic approach to healthcare, integrating lifestyle changes for the prevention and treatment of diseases. This model prioritizes understanding the root causes of health issues, rather than merely addressing symptoms. It looks at the interactions between genetic, environmental, and lifestyle factors that can impact an individual's health. By focusing on prevention through lifestyle modifications—such as nutrition, exercise, and stress management—Functional Medicine aims to empower individuals to take charge of their health. This proactive approach is central to the philosophy of Functional Medicine, aligning with the principles of the American College of Lifestyle Medicine, which advocates for using lifestyle modifications as a primary intervention for disease prevention and management. The other options do not accurately reflect the comprehensive nature of Functional Medicine. For instance, solely focusing on nutritional management would neglect other critical lifestyle factors like physical activity and mental well-being. Similarly, an approach emphasizing drug therapy suggests a reliance on pharmaceuticals, contrary to the lifestyle-centric philosophy of Functional Medicine. Lastly, limiting the practice to alternative therapies overlooks the integration of conventional medical practices with lifestyle interventions that ensure a well-rounded treatment approach.

5. Which factor increases the likelihood that healthcare professionals will discuss lifestyle changes with their patients?

- A. Rising healthcare costs
- B. Patient's socioeconomic status
- C. Patients' body weight related to their own**
- D. Knowledge of health conditions

The likelihood that healthcare professionals will discuss lifestyle changes with their patients is influenced significantly by the patient's body weight in relation to the healthcare professional's own body weight. This dynamic can create a level of comfort or empathy in discussions about lifestyle modifications. Healthcare professionals who are aware of their own body weight may feel more adept at engaging with their patients on the topic of weight and related health behaviors. This personal connection can help to foster a more open and supportive dialogue about lifestyle changes, as professionals may be more willing to share their experiences and strategies for maintaining a healthy weight. In contrast, while rising healthcare costs often drive attention toward preventive care and lifestyle management, they do not directly facilitate the personal interaction needed for effective discussions. Similarly, a patient's socioeconomic status can impact access to resources for lifestyle changes, yet it may not encourage the healthcare professional to initiate conversations. Knowledge of health conditions is crucial in guiding treatment, but it does not inherently link to lifestyle change discussions unless connected with the professional's personal experiences related to body weight. Overall, the interaction between the healthcare professional's own weight awareness and the discussion of lifestyle changes is a key factor in promoting meaningful patient engagement.

6. Which lifestyle factor is most associated with improved mental health?

- A. Healthy eating habits
- B. Regular physical activity**
- C. Consistent sleeping patterns
- D. Avoiding social interactions

Regular physical activity is most associated with improved mental health because it has been shown to have significant effects on mood, anxiety, and overall psychological well-being. Exercise stimulates the release of endorphins, often referred to as "feel-good" hormones, which can help alleviate feelings of depression and anxiety. Additionally, physical activity promotes neurogenesis, which is the growth of new neurons in the brain, and is linked to improved cognitive function as well as enhanced resilience to stress. Engaging in exercise also fosters social interaction and provides a sense of achievement, which can further contribute to positive mental health outcomes. People who maintain a regular physical activity routine often report lower levels of stress and better coping mechanisms for life's challenges. The psychological benefits of physical exercise extend beyond just the workout itself, encompassing improved self-esteem and a more positive body image, all of which are crucial components of mental well-being. While healthy eating habits and consistent sleeping patterns are also important lifestyle factors that can influence mental health positively, the immediate and multifaceted benefits of regular physical activity make it a particularly powerful intervention. Avoiding social interactions is contrary to improving mental health; social connections are crucial in providing support and fostering positive emotional experiences.

7. Which health indicator can be improved by reducing the intake of processed foods, according to lifestyle medicine?

- A. Waist circumference
- B. Blood pressure
- C. Cholesterol levels
- D. All of the above**

Reducing the intake of processed foods can have a comprehensive impact on various health indicators, making the option of "All of the above" particularly valid. Processed foods are often high in refined sugars, unhealthy fats, sodium, and artificial additives, which can contribute to multiple health issues. By minimizing processed food consumption, improvement in waist circumference is likely due to a decrease in caloric intake and a shift towards more nutrient-dense, whole foods that promote satiety and better metabolic health. A reduction in waist circumference is particularly important as it is associated with lower risks of type 2 diabetes and cardiovascular diseases. Additionally, blood pressure can improve as the intake of sodium and unhealthy fats is reduced. Many processed foods are laden with excessive salt, which is a significant contributor to hypertension. Transitioning to a diet rich in whole, natural foods encourages a greater intake of potassium-rich fruits and vegetables, which help to lower blood pressure. Cholesterol levels can also experience improvement since a diet high in processed foods often leads to an increase in unhealthy LDL cholesterol. On the other hand, a diet focused on whole foods—particularly those rich in fiber, such as fruits, vegetables, legumes, and whole grains—can promote higher levels of healthy HDL cholesterol while reducing overall

8. Which strategy is considered effective for managing stress?

- A. Regularly consuming caffeine
- B. Sitting in silence
- C. Mindfulness meditation**
- D. Redundant multitasking

Mindfulness meditation is recognized as an effective strategy for managing stress due to its ability to promote relaxation and enhance emotional regulation. This practice involves focusing one's awareness on the present moment while acknowledging and accepting thoughts, feelings, and bodily sensations without judgment. By fostering a state of awareness, mindfulness meditation can reduce anxiety and improve overall mental health. Research has shown that regular engagement in mindfulness practices can lead to lower levels of stress hormones, such as cortisol, and can also help individuals develop better coping mechanisms for challenging situations. Furthermore, it encourages a compassionate stance towards oneself and others, which can improve interpersonal relationships, a key factor in managing stress. In contrast, other strategies, such as redundant multitasking, often contribute to increased stress levels rather than alleviating them. This is because trying to juggle multiple tasks simultaneously can lead to feelings of overwhelm and decreased productivity. Similarly, consuming caffeine can elevate anxiety in some individuals and disrupt sleep patterns, further exacerbating stress. Sitting in silence may provide temporary relief, but it does not offer the structured approach to present-moment awareness and acceptance that mindfulness meditation provides.

9. Walnuts are high in which type of nutrient, while pecans are high in what?

- A. Omega-3 and Omega-9
- B. Omega-6 and Omega-3
- C. Omega-3 and Omega-6**
- D. Omega-9 and Omega-3

Walnuts are particularly notable for their high content of omega-3 fatty acids, specifically alpha-linolenic acid (ALA), which is an essential fatty acid that contributes to heart health, brain function, and inflammation reduction. This makes walnuts an excellent choice for anyone looking to increase their intake of plant-based omega-3s. On the other hand, pecans are rich in monounsaturated fats, including omega-6 fatty acids. While pecans contain some omega-3s as well, their predominant beneficial fat profile is higher in omega-6 fatty acids, which can play a role in supporting overall cardiovascular health and reducing the risk of certain diseases. The combination of walnuts providing omega-3s and pecans providing a source of omega-6s reflects the importance of including a variety of nuts in one's diet to obtain different beneficial fats that contribute to overall health. This understanding of the nutrient profiles of these nuts is key in the context of dietary recommendations in lifestyle medicine.

10. Which approach is effective for managing stress and promoting well-being?

- A. Avoidance of stressful situations
- B. Meditation and mindfulness practices**
- C. Increased work hours and demands
- D. Disregarding sleep quality

The approach that involves meditation and mindfulness practices is effective for managing stress and promoting well-being because these techniques encourage individuals to develop a greater awareness of their thoughts and feelings, fostering a sense of calm and reducing anxiety. Meditation practices often promote relaxation and can lead to physiological changes in the body that help counteract the stress response. Mindfulness, specifically, allows individuals to stay present in the moment, which can help mitigate feelings of overwhelm that often accompany stress. Research indicates that regular practice of mindfulness and meditation can lead to improvements in mental health, resilience, and emotional regulation. These practices are accessible and can be tailored to fit individual lifestyles, making them practical and sustainable approaches to managing stress and enhancing overall well-being. In contrast, avoidance of stressful situations may provide temporary relief but does not equip individuals with coping strategies; increased work hours and demands can exacerbate stress rather than alleviate it; and disregarding sleep quality can negatively impact both mental and physical health, leading to higher stress levels and diminished well-being.

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:

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

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