

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 food group is known for being a major contributor to dietary fiber intake?**
 - A. Dairy products
 - B. Legumes
 - C. Meat and fish
 - D. Processed snacks
- 2. What is not a consequence of a plant-based diet?**
 - A. Lower cholesterol levels
 - B. Higher risk of heart disease
 - C. Reduced blood pressure
 - D. Decreased risk of type 2 diabetes
- 3. 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
- 4. Which physical activity is considered moderate-intensity?**
 - A. Dancing
 - B. Running
 - C. Lifting weights
 - D. High-intensity interval training
- 5. What impact does smoking have on health in terms of Lifestyle Medicine?**
 - A. It has no effect on chronic diseases
 - B. It only affects respiratory diseases
 - C. It significantly increases the risk for various chronic diseases
 - D. It improves overall health
- 6. What structure delivers light signals to the suprachiasmatic nucleus?**
 - A. Optic nerve
 - B. Retinal ganglia tract
 - C. Ciliary body
 - D. Cornea

- 7. What is the relationship between mood and nutrition?**
- A. Nutrition has no impact on mood
 - B. Nutrition can affect mood by influencing neurotransmitter function
 - C. Mood solely determines food choices
 - D. Nutrition affects mood only through physical health
- 8. Which sleep stage is characterized by rising melatonin levels and decreased core body temperature?**
- A. Early sleep
 - B. REM sleep
 - C. Deep sleep
 - D. Late sleep
- 9. Among the listed options, which contributes significantly to the obesity epidemic through caloric intake?**
- A. Whole foods
 - B. Ultra-processed foods
 - C. Fruits and vegetables
 - D. Lean proteins
- 10. What is meant by the term "health literacy"?**
- A. The ability to access health services only.
 - B. The ability to understand complex medical jargon.
 - C. The ability to obtain, process, and understand basic health information.
 - D. The ability to read medical prescriptions.

Answers

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

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Explanations

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1. Which food group is known for being a major contributor to dietary fiber intake?

- A. Dairy products
- B. Legumes**
- C. Meat and fish
- D. Processed snacks

The food group recognized as a significant contributor to dietary fiber intake is legumes. Legumes include a variety of beans, lentils, chickpeas, and peas, which are well-known for their high fiber content. Fiber plays a crucial role in digestive health, helping to maintain bowel regularity, reduce cholesterol levels, and promote feelings of fullness, which can assist in weight management. Legumes are not only rich in fiber but also provide important nutrients such as protein, vitamins, and minerals, making them an excellent choice for those seeking to enhance their diet. The high fiber content of legumes is particularly beneficial in promoting gut health and has been linked to a lower risk of chronic diseases such as type 2 diabetes and cardiovascular disease. In contrast, dairy products generally do not contain significant amounts of fiber, as they primarily consist of protein and fat. Meat and fish lack dietary fiber entirely, being animal-based foods. Processed snacks often have little to no fiber due to the refinement and processing that strip away much of the nutritional content of the original ingredients. Therefore, legumes stand out as the optimal choice for boosting dietary fiber intake.

2. What is not a consequence of a plant-based diet?

- A. Lower cholesterol levels
- B. Higher risk of heart disease**
- C. Reduced blood pressure
- D. Decreased risk of type 2 diabetes

A plant-based diet is recognized for its numerous health benefits, one of which is a lower risk of heart disease. Research has consistently shown that diets rich in fruits, vegetables, whole grains, legumes, and nuts can improve cardiovascular health. This is mainly due to the diet's ability to lower cholesterol levels and blood pressure, both of which are significant risk factors for heart disease. Consequently, saying that a plant-based diet is associated with a higher risk of heart disease contradicts the extensive body of evidence supporting its protective effects against this condition. In fact, studies indicate that individuals following a plant-based diet often experience lower levels of LDL cholesterol and blood pressure. Furthermore, they also tend to have a decreased risk of developing type 2 diabetes as the diet promotes better insulin sensitivity and glucose metabolism. Therefore, the assertion that a plant-based diet leads to a higher risk of heart disease is not supported by scientific findings and is correctly identified as not a consequence of such a dietary pattern.

3. 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.

4. Which physical activity is considered moderate-intensity?

- A. Dancing**
- B. Running
- C. Lifting weights
- D. High-intensity interval training

Dancing is recognized as a moderate-intensity physical activity because it typically elevates the heart rate and involves continuous movement that can be sustained for a longer duration without overly taxing the cardiovascular system. Activities classified as moderate-intensity are those where individuals can talk but not sing during the exercise. While running, lifting weights, and high-intensity interval training (HIIT) are indeed beneficial forms of physical activity, they often fall into higher intensity categories. Running, for instance, can significantly elevate heart rates depending on the pace, making it more vigorous than moderate. Lifting weights can vary widely in intensity but usually focuses on strength rather than aerobic conditioning. High-intensity interval training involves short bursts of intense activity followed by rest or lower intensity, which also classifies it as a vigorous-intensity exercise. Therefore, dancing provides a balanced level of challenge suitable for achieving health benefits while being enjoyable and sustainable for many individuals.

5. What impact does smoking have on health in terms of Lifestyle Medicine?

- A. It has no effect on chronic diseases
- B. It only affects respiratory diseases
- C. It significantly increases the risk for various chronic diseases**
- D. It improves overall health

Smoking significantly increases the risk for various chronic diseases, making this the correct choice. The act of smoking introduces a multitude of harmful substances into the body, leading to both immediate and long-term health effects. From a Lifestyle Medicine perspective, smoking is a major contributor to conditions such as cardiovascular diseases, various types of cancer, chronic obstructive pulmonary disease (COPD), and other respiratory illnesses. Moreover, it has been linked to a range of adverse effects that go beyond just respiratory or pulmonary conditions. For instance, tobacco use can compromise the immune system, affect reproductive health, and lead to metabolic disorders, further emphasizing its extensive impact on overall health. Given these widespread consequences, addressing smoking cessation is a critical component of lifestyle interventions aimed at improving public health. In contrast, the other options lack accuracy and do not reflect the well-established research and consensus regarding smoking's impact on health. Smoking indisputably influences a broad spectrum of health issues, and its cessation can lead to improved health outcomes and quality of life.

6. What structure delivers light signals to the suprachiasmatic nucleus?

- A. Optic nerve
- B. Retinal ganglia tract**
- C. Ciliary body
- D. Cornea

The structure that delivers light signals to the suprachiasmatic nucleus is the retinal ganglia tract. The suprachiasmatic nucleus (SCN), located in the hypothalamus, is the primary circadian pacemaker in the body and plays a crucial role in regulating the sleep-wake cycle and other circadian rhythms. Light information from the environment is captured by photoreceptor cells in the retina, and this visual information is processed and transmitted to the SCN primarily via the retinal ganglion cells. These ganglion cells have axons that collectively form the optic nerve, but specifically, the intrinsic photosensitive retinal ganglion cells (ipRGCs) are responsible for conveying light information directly to the SCN, utilizing pathways that include the retinohypothalamic tract. This pathway is critical for synchronizing the body's internal clock with the external light-dark cycle. Other options, while relating to vision and the eye, do not serve this specific function. The optic nerve carries visual information to the brain but does not directly transport light signals to the SCN. The ciliary body is involved in focusing the lens and regulating aqueous humor but does not participate in light signal transmission to the SCN. The cornea is the outermost

7. What is the relationship between mood and nutrition?

- A. Nutrition has no impact on mood
- B. Nutrition can affect mood by influencing neurotransmitter function**
- C. Mood solely determines food choices
- D. Nutrition affects mood only through physical health

The relationship between mood and nutrition is complex and significant, particularly regarding how nutrition can influence neurotransmitter function. Nutrients obtained from food are essential for the synthesis of neurotransmitters, which are the chemical messengers in the brain that regulate mood. For instance, amino acids from proteins serve as building blocks for neurotransmitters such as serotonin and dopamine, which are critical in mood regulation. Inadequate intake of certain nutrients can lead to deficiencies that may impair neurotransmitter production, potentially resulting in mood disturbances such as anxiety or depression. This highlights the bidirectional relationship where not only can nutrition affect mood, but mood can also impact eating behaviors, as balanced nutrition is essential for maintaining emotional health. Understanding this connection underscores the importance of a nutritious diet in potentially enhancing mood and overall mental well-being, supporting the notion that diet is a vital component in managing mental health.

8. Which sleep stage is characterized by rising melatonin levels and decreased core body temperature?

- A. Early sleep**
- B. REM sleep
- C. Deep sleep
- D. Late sleep

The correct choice is early sleep, as this stage is specifically associated with the rising levels of melatonin, which plays a critical role in regulating sleep-wake cycles. During early sleep, the body initiates various physiological processes that prepare it for restorative sleep. This includes a natural drop in core body temperature, which helps to facilitate the onset of sleep. Melatonin, often referred to as the "sleep hormone," is produced by the pineal gland in response to darkness and signals the body to prepare for sleep. As melatonin levels rise, the body begins to decrease alertness and ready itself for deeper stages of sleep. The decrease in core body temperature is a physiological response linked to sleep onset; the body's temperature naturally cools to help promote sleep. In contrast, REM sleep is characterized by increased brain activity and is when most dreaming occurs, but it does not coincide with significant changes in melatonin or core temperature. Deep sleep is known for its restorative processes, with lower brain activity, but does not mark the initial physiological changes associated with sleep onset. Late sleep refers to the later hours of sleep when individuals may transition between sleep stages but is not specifically linked to the initial rise in melatonin and body temperature changes.

9. Among the listed options, which contributes significantly to the obesity epidemic through caloric intake?

- A. Whole foods
- B. Ultra-processed foods**
- C. Fruits and vegetables
- D. Lean proteins

Ultra-processed foods play a significant role in the obesity epidemic, primarily due to their high caloric density and low nutritional value. These foods are often engineered to be hyper-palatable, which increases their consumption. They typically contain high amounts of added sugars, unhealthy fats, and sodium, all of which contribute to excessive caloric intake without providing essential nutrients. In addition, the convenience and aggressive marketing of ultra-processed foods make them more accessible and appealing, which further encourages overconsumption. In contrast, whole foods, fruits, vegetables, and lean proteins are generally lower in calories and higher in essential nutrients, promoting satiety and health. These options are more likely to support a healthy diet and aid in weight management rather than contribute to the obesity epidemic.

10. What is meant by the term "health literacy"?

- A. The ability to access health services only.
- B. The ability to understand complex medical jargon.
- C. The ability to obtain, process, and understand basic health information.**
- D. The ability to read medical prescriptions.

The term "health literacy" refers to the ability to obtain, process, and understand basic health information, which is critical for making informed health decisions. This encompasses not just a solid grasp of medical terminology but also the capacity to discern health-related information from various sources, such as brochures, websites, and even conversations with healthcare providers. Individuals with high health literacy can evaluate the credibility of information, understand risks and benefits, and engage effectively with the healthcare system to promote their well-being. This combination empowers them to make choices that positively influence their health outcomes. Understanding the nuances of health information is essential for navigating the complexities of the healthcare landscape. While knowing medical jargon, accessing health services, or reading prescriptions are important skills, they do not fully encapsulate the broader scope of health literacy, which includes critical thinking and comprehension skills essential for applying health information in real-life contexts.

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://alcmboard.examzify.com>

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

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