

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

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- 1. How much of total calorie intake should come from fat?**
 - A. 5-10%**
 - B. 15-30%**
 - C. 30-40%**
 - D. 40-50%**

- 2. What is a major characteristic of Esselstyn's plant-based diet for coronary artery disease (CAD)?**
 - A. High in saturated fats**
 - B. Very low in fat**
 - C. High in both animal and plant products**
 - D. Focus on moderate fat intake**

- 3. During the initial stage of exercise, what intensity should aerobic activity begin?**
 - A. 40-60% HRR**
 - B. 60-80% HRR**
 - C. 20-40% HRR**
 - D. 80-90% HRR**

- 4. What percentage of primary care physician visits are attributed to stress and lifestyle-related issues?**
 - A. 50%**
 - B. 60%**
 - C. 70%**
 - D. 80%**

- 5. What reduction in systolic blood pressure is linked to a decreased risk of heart disease?**
 - A. 8 mmHg**
 - B. 6 mmHg**
 - C. 4 mmHg**
 - D. 10 mmHg**

- 6. According to the Framingham Heart Study, what is the lifetime risk of cardiovascular disease for men with no risk factors at age 50?**
- A. 10%**
 - B. 5%**
 - C. 15%**
 - D. 20%**
- 7. What percentage of AMI risk reduction is associated with stopping smoking?**
- A. 25%**
 - B. 40%**
 - C. 50%**
 - D. 60%**
- 8. What is included in a lifestyle medicine health and physical assessment?**
- A. A detailed nutrition plan**
 - B. Patient's vital signs**
 - C. Psychological evaluations**
 - D. Prescriptions for medications**
- 9. Which of the following is a key factor associated with the management of Type 2 Diabetes Mellitus (T2DM)?**
- A. Insulin therapy**
 - B. Gender differences**
 - C. Age of diagnosis**
 - D. Dietary restrictions**
- 10. What is one strategy for relapse prevention in exercise adherence?**
- A. Identifying only past achievements**
 - B. Planning ahead for potential lapses**
 - C. Ignoring barriers to exercise**
 - D. Focusing solely on output**

Answers

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

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Explanations

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1. How much of total calorie intake should come from fat?

- A. 5-10%
- B. 15-30%**
- C. 30-40%
- D. 40-50%

The recommendation that 15-30% of total calorie intake should come from fat is based on guidelines established by various health organizations that advocate for a balanced diet. This percentage allows individuals to benefit from essential fatty acids and fat-soluble vitamins while also managing overall calorie intake to support a healthy weight. Fats play a critical role in the body; they are vital for hormone production, nutrient absorption, and the maintenance of cell membranes. Additionally, fats can provide a significant source of energy. Consuming fats within this range ensures that an individual can maintain these functions without negatively impacting health through excessive calorie consumption or an imbalance of macronutrients. While lower percentages of fat intake may be appropriate for specific populations or health conditions, the 15-30% range is generally accepted for adults. This range also encourages the consumption of healthier fats, such as unsaturated fats found in nuts, avocados, and fish, which can have beneficial effects on heart health, unlike trans and saturated fats that should be limited. Thus, the choice of 15-30% aligns with established dietary recommendations that promote overall health and well-being, supporting the idea that it's important to include a moderate amount of fat in the diet while emphasizing the quality of those fats.

2. What is a major characteristic of Esselstyn's plant-based diet for coronary artery disease (CAD)?

- A. High in saturated fats
- B. Very low in fat**
- C. High in both animal and plant products
- D. Focus on moderate fat intake

Esselstyn's plant-based diet for coronary artery disease (CAD) is characterized by its very low fat content, which is integral to its effectiveness in managing and potentially reversing heart disease. This dietary approach emphasizes the consumption of whole, plant-based foods such as fruits, vegetables, grains, legumes, and nuts while strictly avoiding added fats, particularly saturated and trans fats found in animal products and processed oils. The rationale behind a very low-fat diet lies in the fact that high fat intake, especially from animal sources, can lead to increased levels of cholesterol and contribute to the progression of CAD. By minimizing fat, particularly saturated fat, the diet aims to reduce cholesterol levels and improve overall cardiovascular health. This approach is supported by research indicating that lifestyle changes, including diet, can yield significant benefits for patients with CAD. In contrast, options highlighting high saturated fats, a mix of animal and plant products, or moderate fat intake do not align with Esselstyn's recommendations and would not focus on the core principles of his dietary intervention for cardiovascular health.

3. During the initial stage of exercise, what intensity should aerobic activity begin?

- A. 40-60% HRR**
- B. 60-80% HRR**
- C. 20-40% HRR**
- D. 80-90% HRR**

Beginning aerobic activity at an intensity of 40-60% of heart rate reserve (HRR) during the initial stage of exercise is appropriate because this range is often considered a moderate level of effort. It allows individuals to gradually adapt to physical activity without overexertion, making it suitable for beginners or those returning after a break from exercise. Starting at this intensity helps minimize the risk of injury and burnout while promoting cardiovascular endurance and overall fitness improvement. This range encourages individuals to develop a solid foundation, focusing on correct form, breathing, and stamina. It also aligns with guidelines set by health organizations for safe exercise initiation, ensuring participants can comfortably engage in aerobic activities while still reaping the benefits of improved cardiovascular health.

4. What percentage of primary care physician visits are attributed to stress and lifestyle-related issues?

- A. 50%**
- B. 60%**
- C. 70%**
- D. 80%**

The choice indicating 70% reflects the significant impact of stress and lifestyle-related issues in primary care settings. Primary care physicians often become the first point of contact for patients experiencing health problems linked to stress, such as anxiety, depression, and various chronic diseases like hypertension or diabetes. Many health issues that patients present with can be traced back to lifestyle choices, including poor diet, lack of exercise, and stress. Research shows that a large portion of health conditions, especially those that require regular management, are heavily influenced by these factors. The statistic of 70% underscores the critical need for addressing lifestyle and stress management as part of comprehensive patient care. It emphasizes the role of physicians not just in treating diseases but in also promoting healthier lifestyle choices to enhance overall well-being, making it vital for medical professionals to incorporate lifestyle medicine into their practice. Recognizing how prevalent these issues are allows healthcare providers to prioritize interventions that can lead to improved health outcomes and potentially reduce healthcare costs associated with chronic disease management.

5. What reduction in systolic blood pressure is linked to a decreased risk of heart disease?

- A. 8 mmHg
- B. 6 mmHg**
- C. 4 mmHg
- D. 10 mmHg

The link between systolic blood pressure and the risk of heart disease is well established in medical research. A reduction of 6 mmHg in systolic blood pressure has been associated with a statistically significant decrease in cardiovascular events and overall mortality due to heart disease. This finding is supported by numerous studies which show that even modest reductions in blood pressure can have a profound impact on heart health, as maintaining lower blood pressure levels helps reduce the strain on the heart and arteries. Research indicates that every 10 mmHg increase in systolic blood pressure can lead to increased risks of heart disease and stroke. Therefore, interventions that can lower blood pressure, even by 6 mmHg, are considered beneficial for reducing these risks. This highlights the importance of managing blood pressure through lifestyle changes or medical treatment to promote cardiovascular health. The figures associated with other options do not align with the most commonly cited reductions in systolic blood pressure that correlate specifically with heart disease risk reduction. While larger reductions are beneficial, 6 mmHg represents a key threshold identified in studies for effective risk mitigation.

6. According to the Framingham Heart Study, what is the lifetime risk of cardiovascular disease for men with no risk factors at age 50?

- A. 10%
- B. 5%**
- C. 15%
- D. 20%

The Framingham Heart Study is a significant long-term research initiative that has greatly contributed to our understanding of cardiovascular disease (CVD) risk factors. According to the findings from this study, men who reach the age of 50 without any established risk factors for cardiovascular disease have a relatively low lifetime risk of 5%. This low percentage highlights a crucial aspect of preventive health: individuals without major risk factors—such as high blood pressure, high cholesterol, tobacco use, obesity, and diabetes—are substantially less likely to experience cardiovascular issues over the course of their lives. The study reinforces the importance of early identification and management of risk factors to reduce overall lifetime risk, making this statistic key for understanding how lifestyle choices impact long-term heart health. In contrast, higher figures associated with other options suggest a greater risk which does not align with what the Framingham Heart Study delineated for men without risk factors at that specific age. Understanding the implications of these statistics can help healthcare providers emphasize lifestyle modifications to minimize risk factors and optimize patient outcomes.

7. What percentage of AMI risk reduction is associated with stopping smoking?

- A. 25%
- B. 40%
- C. 50%**
- D. 60%

Stopping smoking is associated with a significant reduction in the risk of acute myocardial infarction (AMI), which is often referred to as a heart attack. Research indicates that individuals who quit smoking can see their risk of developing AMI decrease dramatically, with studies showing that the risk can be reduced by approximately 50% within the first year after cessation. This statistic reflects both the immediate health benefits and the long-term positive changes that occur within the blood vessels and cardiovascular systems once smoking is discontinued. This substantial percentage emphasizes the importance of smoking cessation in lifestyle medicine, highlighting how critical it is for healthcare professionals to support their patients in quitting smoking to reduce cardiovascular risks. The additional percentages mentioned in the other options do not align with the evidence that indicates around a 50% risk reduction, thus reinforcing the understanding of the profound impact of smoking cessation on heart health.

8. What is included in a lifestyle medicine health and physical assessment?

- A. A detailed nutrition plan
- B. Patient's vital signs**
- C. Psychological evaluations
- D. Prescriptions for medications

The inclusion of the patient's vital signs in a lifestyle medicine health and physical assessment is essential because these signs provide critical insights into a person's overall health status. Vital signs, which typically include measurements such as heart rate, blood pressure, respiratory rate, and temperature, are fundamental indicators that help healthcare providers assess cardiovascular health, respiratory function, and potential underlying medical conditions. In the context of lifestyle medicine, understanding vital signs is particularly important for evaluating how lifestyle factors such as diet, exercise, and stress impact an individual's health. For instance, elevated blood pressure can signal the need for lifestyle interventions to improve heart health, while heart rate can reflect physical fitness levels and stress management effectiveness. Other elements of a lifestyle medicine assessment may include discussions on nutrition, psychological evaluations, and medication prescriptions, but these are not explicitly categorized as vital signs. The vital signs serve as a measurable foundation for more personalized lifestyle recommendations and interventions.

9. Which of the following is a key factor associated with the management of Type 2 Diabetes Mellitus (T2DM)?

- A. Insulin therapy**
- B. Gender differences**
- C. Age of diagnosis**
- D. Dietary restrictions**

Insulin therapy plays a vital role in the management of Type 2 Diabetes Mellitus (T2DM), particularly in cases where oral medications are insufficient to maintain blood glucose control. While many individuals with T2DM can initially manage their condition with lifestyle modifications and oral hypoglycemic agents, as the disease progresses, the pancreas may produce less insulin, necessitating the addition of insulin therapy to help achieve optimal glycemic control. Insulin can help reduce blood glucose levels effectively when other treatment options are not adequate, making it a crucial element in the management of this condition. In contrast, while dietary restrictions, gender differences, and the age of diagnosis all play a role in diabetes management and disease progression, they are not the primary tools used to directly manage blood glucose levels in the same way that insulin therapy does. Dietary changes are important for overall health and glucose control, but they are part of a broader lifestyle approach, rather than a key therapeutic intervention like insulin. Gender differences and age of diagnosis can influence the approach to treatment and the disease's trajectory but do not directly impact glucose management as insulin does.

10. What is one strategy for relapse prevention in exercise adherence?

- A. Identifying only past achievements**
- B. Planning ahead for potential lapses**
- C. Ignoring barriers to exercise**
- D. Focusing solely on output**

Planning ahead for potential lapses is a crucial strategy for relapse prevention in exercise adherence. This approach involves anticipating challenges or obstacles that might disrupt a regular exercise routine, such as time constraints, environmental factors, or motivational dips. By proactively identifying these potential barriers, individuals can create strategies to overcome them, which increases the likelihood of maintaining their exercise habits. For instance, if someone recognizes that they tend to be less active during busier weeks, they can schedule shorter but more frequent workouts or find alternative ways to incorporate physical activity into their daily routine. This proactive mindset not only fosters resilience but also empowers individuals to navigate setbacks effectively, thereby enhancing their overall commitment to a sustained lifestyle change. In contrast, focusing only on past achievements might lead individuals to become complacent, while ignoring barriers does not prepare them for real-life situations that can derail their plans. Additionally, concentrating solely on output can create a narrow focus that may diminish enjoyment and overall engagement in exercise. Therefore, planning ahead equips individuals with the tools they need to adapt and stay committed to their exercise goals even when faced with challenges.

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://lifestylemed.examzify.com>

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

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