

LIFESTYLE MEDICINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 approach is recommended for managing hypercholesterolemia?**
 - A. Low-fat dairy products
 - B. High amounts of saturated fats
 - C. High intake of plant sterols and fiber
 - D. Increased intake of red meats
- 2. What does a score of less than 3 on the AUDIT-C indicate?**
 - A. High risk for alcohol use disorder
 - B. Normal alcohol consumption
 - C. Need for immediate intervention
 - D. Severe dependence on alcohol
- 3. According to the 2018 Physical Activity Guidelines, how many minutes of moderate activity should adults aim for each week?**
 - A. 75 minutes
 - B. 150 minutes
 - C. 300 minutes
 - D. 90 minutes
- 4. What type of data does an anthropometric assessment primarily include?**
 - A. Lab work results
 - B. Weight, height, and body measurements
 - C. Medical history and activity level
 - D. Food intake and dietary recalls
- 5. Which of the following best describes exercise?**
 - A. A spontaneous act of physical activity
 - B. Purposeful and organized physical activity for health improvement
 - C. Unstructured movement throughout the day
 - D. Any movement that involves calories burned

- 6. How long should each stretch be held for older adults according to flexibility guidelines?**
- A. 10-20 seconds
 - B. 20-30 seconds
 - C. 30-60 seconds
 - D. 15-25 seconds
- 7. 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
- 8. Which type of dietary fat is primarily found in avocados?**
- A. Saturated fats
 - B. Trans fats
 - C. Monounsaturated fats
 - D. Omega-3 fatty acids
- 9. Which behavioral determinant is found to be critical for positive health outcomes?**
- A. Trusting relationship between patient and healthcare provider
 - B. Strict adherence to medical advice
 - C. Use of advanced medical technology
 - D. Regular health screenings
- 10. Which condition is NOT an effect of alcohol consumption?**
- A. Increased blood pressure
 - B. Increased risk of stroke
 - C. Improved sleep quality
 - D. Increased risk of unintentional injuries

Answers

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

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Explanations

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1. Which dietary approach is recommended for managing hypercholesterolemia?

- A. Low-fat dairy products
- B. High amounts of saturated fats
- C. High intake of plant sterols and fiber**
- D. Increased intake of red meats

The recommended dietary approach for managing hypercholesterolemia focuses on high intake of plant sterols and fiber due to their proven effectiveness in reducing cholesterol levels. Plant sterols, which are found in vegetable oils, nuts, and fortified foods, work by competing with cholesterol for absorption in the intestine, thereby lowering LDL cholesterol levels. Additionally, increased fiber consumption, particularly soluble fiber from sources like oats, beans, and fruits, helps to bind cholesterol in the digestive system and promotes its excretion from the body. This combination of plant sterols and dietary fiber creates a synergistic effect that supports heart health and effectively manages hypercholesterolemia. The other dietary strategies, such as consuming low-fat dairy products or increasing red meat intake, may not directly address high cholesterol levels or may inadvertently contribute to an unfavorable lipid profile when not balanced with other healthy dietary practices. High amounts of saturated fats can have a detrimental effect on cholesterol levels, as they tend to raise LDL cholesterol, which is undesirable for those managing hypercholesterolemia. Thus, focusing on plant sterols and fiber presents the most beneficial and scientifically supported approach for cholesterol management.

2. What does a score of less than 3 on the AUDIT-C indicate?

- A. High risk for alcohol use disorder
- B. Normal alcohol consumption**
- C. Need for immediate intervention
- D. Severe dependence on alcohol

A score of less than 3 on the AUDIT-C (Alcohol Use Disorders Identification Test-Concise) indicates normal alcohol consumption. The AUDIT-C is a screening tool designed to detect potential alcohol use problems by asking individuals about their drinking patterns. Each response given is allocated a specific score, and a total score less than 3 typically suggests that the individual's alcohol consumption is within safe limits, aligning with lower risk levels for developing alcohol-related issues. Values in this range suggest that the person is not engaging in risky drinking behaviors and is likely to be consuming alcohol within recommended guidelines. Understanding that scores above this threshold would likely indicate increased risk and a need for further assessment underscores the importance of maintaining healthy drinking habits to prevent possible misuse or addiction.

3. According to the 2018 Physical Activity Guidelines, how many minutes of moderate activity should adults aim for each week?

- A. 75 minutes
- B. 150 minutes**
- C. 300 minutes
- D. 90 minutes

The 2018 Physical Activity Guidelines recommend that adults aim for at least 150 minutes of moderate-intensity aerobic activity each week. This amount of activity is associated with substantial health benefits, including reduced risk of chronic diseases such as heart disease, diabetes, and some cancers, as well as improvements in mental health and overall quality of life. Additionally, spreading this activity throughout the week can enhance physical fitness and maintain a healthy weight. While other time frames mentioned, such as 75 minutes or 300 minutes, may correspond to different levels of activity or specific health goals, the foundational guideline for health promotion focuses on the 150 minutes of moderate-intensity exercise as the minimum target for most adults. This understanding emphasizes building a routine that includes regular aerobic exercise, which can be integrated into daily life through various activities like brisk walking, dancing, or cycling.

4. What type of data does an anthropometric assessment primarily include?

- A. Lab work results
- B. Weight, height, and body measurements**
- C. Medical history and activity level
- D. Food intake and dietary recalls

An anthropometric assessment primarily includes weight, height, and body measurements, which are essential components for evaluating an individual's body composition and overall health. These measurements provide critical insights into growth patterns, nutritional status, and potential health risks associated with underweight, overweight, or obesity. Using metrics such as Body Mass Index (BMI), waist circumference, and skinfold thickness allows health professionals to analyze and monitor changes in body composition over time, which is vital for developing effective lifestyle interventions. Such assessments help inform strategies for weight management, nutritional planning, and physical activity recommendations tailored to an individual's specific health needs. In contrast, lab work results pertain more to biochemical data rather than physical measurements, while medical history and activity levels focus on qualitative aspects of health rather than quantitative body measurements. Dietary recalls provide information about food intake but do not address the physical attributes of the individual as anthropometric assessments do. Thus, the focus on body measurements makes this option the correct answer.

5. Which of the following best describes exercise?

- A. A spontaneous act of physical activity
- B. Purposeful and organized physical activity for health improvement**
- C. Unstructured movement throughout the day
- D. Any movement that involves calories burned

The best description of exercise is purposeful and organized physical activity for health improvement. This definition emphasizes the intentionality and structure behind exercise, differentiating it from casual movement or spontaneous activities. Exercise is typically planned and involves specific goals, such as increasing cardiovascular fitness, building strength, or enhancing flexibility. While spontaneous acts of physical activity can contribute to overall fitness, they lack the focused aim associated with exercise. Similarly, unstructured movement throughout the day, such as walking around the house or taking the stairs, is beneficial but does not meet the criteria of being "organized" or having a specific intent to improve health. Lastly, while any movement that burns calories does contribute to energy expenditure, it does not encapsulate the structured and goal-oriented nature of exercise, which is critical for health improvements. This distinction highlights how structured exercise is key in lifestyle medicine for promoting long-term health benefits and preventing chronic diseases.

6. How long should each stretch be held for older adults according to flexibility guidelines?

- A. 10-20 seconds
- B. 20-30 seconds
- C. 30-60 seconds**
- D. 15-25 seconds

The recommended duration for holding each stretch for older adults, according to flexibility guidelines, is typically 30-60 seconds. This timeframe is beneficial because it allows for the muscles and connective tissues to relax, which can help increase flexibility and improve the range of motion. Holding stretches for this longer duration provides sufficient time for the body to adapt and respond to the stretch, which is particularly important for older adults who may have decreased flexibility and higher risk of injury. Additionally, this duration is supported by research indicating that longer stretches can help prevent muscle stiffness and promote overall joint health in older populations. Regular practice of stretching within this time frame can contribute to better mobility and functional ability for older individuals.

7. 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.

8. Which type of dietary fat is primarily found in avocados?

- A. Saturated fats
- B. Trans fats
- C. Monounsaturated fats**
- D. Omega-3 fatty acids

Avocados are primarily rich in monounsaturated fats, which are considered heart-healthy fats. These fats have been associated with various health benefits, including improved cholesterol levels, reduced inflammation, and a lower risk of heart disease. Monounsaturated fats can help to replace saturated and trans fats in the diet, contributing to better overall cardiovascular health. Unlike saturated fats, which can raise LDL cholesterol levels, and trans fats, which are known to have negative effects on heart health, monounsaturated fats have a more favorable impact. Omega-3 fatty acids, while also beneficial, are not the predominant type of fat in avocados; they are more commonly found in fish, flaxseeds, and walnuts. Thus, the correct identification of the primary type of fat in avocados as monounsaturated fats highlights the nutritional advantage of including avocados in a balanced diet focused on promoting heart health and overall well-being.

9. Which behavioral determinant is found to be critical for positive health outcomes?

- A. Trusting relationship between patient and healthcare provider**
- B. Strict adherence to medical advice
- C. Use of advanced medical technology
- D. Regular health screenings

The critical importance of a trusting relationship between patients and healthcare providers in achieving positive health outcomes is well established in healthcare literature. This trust facilitates effective communication, leading to better patient engagement in their own care. When patients trust their providers, they are more likely to disclose pertinent information, adhere to treatment plans, and actively participate in decision-making regarding their health. This collaborative approach can result in improved adherence to medical advice and increased satisfaction with care, ultimately enhancing health outcomes. In contrast, while strict adherence to medical advice is valuable, it often relies on the foundation of trust and effective communication between the patient and provider. Without a trusting relationship, adherence may diminish. The role of advanced medical technology is significant in diagnosing and treating conditions but does not directly impact psychological factors that drive patient behavior. Regular health screenings are important for early detection of health issues, yet their effectiveness can be limited if patients do not engage positively with their healthcare providers or feel comfortable discussing their health concerns. Therefore, the trusting relationship stands as the cornerstone for effective patient-centered care and improved health outcomes.

10. Which condition is NOT an effect of alcohol consumption?

- A. Increased blood pressure
- B. Increased risk of stroke
- C. Improved sleep quality**
- D. Increased risk of unintentional injuries

When considering the effects of alcohol consumption, improved sleep quality stands out as an incorrect association. Alcohol is known to have a complex relationship with sleep; while it may initially induce sleep due to its sedative properties, it ultimately disrupts the normal sleep cycles. Specifically, alcohol consumption is linked to a decrease in REM sleep, which is essential for restorative rest. As the night progresses, alcohol can lead to fragmented sleep, frequent awakenings, and a reduction in overall sleep quality. In contrast, the other listed conditions—such as increased blood pressure, increased risk of stroke, and higher risk of unintentional injuries—are well-documented effects of alcohol consumption. Alcohol can cause vasoconstriction and elevate blood pressure, contribute to the formation of blood clots or other cardiovascular issues potentially leading to stroke, and impair judgment and motor skills, thereby increasing the likelihood of accidents. Therefore, identifying improved sleep quality as a non-effect highlights a critical understanding of the negative impact alcohol has on sleep health.

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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