

LIFESTYLE MEDICINE PRACTICE TEST (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. What is the primary dietary source of cholesterol in American diets?**
 - A. Plant foods
 - B. Whole grains
 - C. Animal foods
 - D. Processed snacks
- 2. What is the recommended weekly moderate-intensity exercise to reduce the risk of Type 2 Diabetes Mellitus (T2DM)?**
 - A. 60 minutes
 - B. 150 minutes
 - C. 200 minutes
 - D. 120 minutes
- 3. Which lifestyle intervention has shown effectiveness in treating depression?**
 - A. Alcohol consumption
 - B. Exercise
 - C. High-fat diet
 - D. Avoidance of social interactions
- 4. What lifestyle modification was incorporated in the Prostate GEMINAL study for participants?**
 - A. High carbohydrate diet
 - B. Low fat plant-based diet
 - C. High protein diet
 - D. Dairy-rich diet
- 5. What is meant by a 'beginner's mind' in mindfulness practices?**
 - A. Approaching situations with fear and anxiety
 - B. Having a fixed mindset about personal abilities
 - C. Being open and unafraid to new experiences
 - D. Ignoring new information and insights

- 6. Which screening tool is commonly used for assessing anxiety?**
- A. PHQ-2
 - B. GAD-7
 - C. PHQ-9
 - D. Beck Anxiety Inventory
- 7. What happens physiologically during positive social interactions?**
- A. It triggers the sympathetic nervous system
 - B. It elevates heart rate
 - C. It stimulates the parasympathetic nervous system
 - D. It increases anxiety levels
- 8. Which is NOT a component recommended in lifestyle medicine for treating acute depression?**
- A. Increased fruit and vegetable intake
 - B. Surgery as a treatment option
 - C. Mindfulness and relaxation therapy
 - D. Positive relationships and social support
- 9. In the National Diabetes Prevention Program, what was the control group treatment for participants?**
- A. Standard dietary guidelines
 - B. Placebo medication
 - C. Dietary supplements
 - D. No intervention
- 10. Which lifestyle intervention had a measurable effect on telomere length in the long-term study?**
- A. Diet only
 - B. Physical activity only
 - C. Comprehensive lifestyle changes
 - D. Stress management techniques only

Answers

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

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Explanations

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1. What is the primary dietary source of cholesterol in American diets?

- A. Plant foods
- B. Whole grains
- C. Animal foods**
- D. Processed snacks

The primary dietary source of cholesterol in American diets comes from animal foods. This includes meats, poultry, fish, eggs, and dairy products, which naturally contain cholesterol as part of their structure. Cholesterol is a type of fat that is found in animal-based products, and it plays essential roles in the body, including serving as a building block for cell membranes and as a precursor for hormone production. Unlike plant foods, which largely do not contain cholesterol, animal foods contribute significantly to the intake levels found in typical American diets. In contrast, while processed snacks can occasionally contain cholesterol if they contain animal-derived ingredients (such as cheese or butter), they are not considered a primary source. Whole grains are entirely plant-based and do not contribute cholesterol at all. Understanding this distinction is key in dietary planning and addressing health concerns related to cholesterol levels.

2. What is the recommended weekly moderate-intensity exercise to reduce the risk of Type 2 Diabetes Mellitus (T2DM)?

- A. 60 minutes
- B. 150 minutes**
- C. 200 minutes
- D. 120 minutes

The recommended amount of weekly moderate-intensity exercise to help reduce the risk of Type 2 Diabetes Mellitus (T2DM) is 150 minutes. This guideline is based on extensive research showing that regular physical activity plays a crucial role in enhancing insulin sensitivity, aiding in weight management, and improving overall metabolic health—all of which are vital in the prevention and management of T2DM. Engaging in moderate-intensity exercise for at least 150 minutes per week has been linked with a significant reduction in the risk of developing type 2 diabetes. This can include activities such as brisk walking, cycling, or swimming, which elevate the heart rate and promote cardiovascular health while being sustainable and relatively easy to integrate into everyday life. While higher amounts of exercise can provide additional health benefits, the threshold of 150 minutes is considered effective for most individuals in reducing diabetes risk. Thus, this recommendation serves as a balanced approach that individuals can realistically achieve and maintain. Regular exercise not only aids in weight control but also improves psychological well-being, making it a cornerstone of lifestyle interventions aimed at preventing chronic diseases like T2DM.

3. Which lifestyle intervention has shown effectiveness in treating depression?

- A. Alcohol consumption
- B. Exercise**
- C. High-fat diet
- D. Avoidance of social interactions

Exercise has been shown to be an effective intervention for treating depression due to several mechanisms that positively influence mood and mental health. Engaging in physical activity increases the production of neurotransmitters such as serotonin and endorphins, which are known to enhance mood and promote feelings of well-being. Regular exercise also helps reduce stress, anxiety, and fatigue, while enhancing self-esteem and cognitive function. Additionally, exercise can provide a structured routine and a sense of achievement, which can be particularly beneficial for those experiencing depression. Studies have indicated that different forms of exercise, including aerobic activities, strength training, and even yoga, can lead to improvements in depressive symptoms. This makes exercise a vital component of a comprehensive treatment strategy for depression, often recommended alongside other therapeutic approaches. On the other hand, behaviors such as alcohol consumption, following a high-fat diet, and avoiding social interactions are generally associated with negative impacts on mental health and may worsen depressive symptoms rather than alleviate them.

4. What lifestyle modification was incorporated in the Prostate GEMINAL study for participants?

- A. High carbohydrate diet
- B. Low fat plant-based diet**
- C. High protein diet
- D. Dairy-rich diet

The Prostate GEMINAL study focused on the potential impact of dietary changes on prostate health, particularly in relation to prostate cancer. The incorporation of a low fat plant-based diet was significant because research suggests that a diet rich in plant-based foods can lower the risk of prostate cancer progression and improve overall health outcomes. A low fat plant-based diet typically includes a variety of fruits, vegetables, whole grains, legumes, nuts, and seeds while minimizing or eliminating animal products and high-fat foods. Such a diet is associated with lower levels of saturated fat, which has been linked to prostate cancer risk. Furthermore, the abundance of phytonutrients, vitamins, and minerals in plant foods may help reduce inflammation, a factor involved in cancer development. This dietary approach aligns with lifestyle medicine principles that emphasize prevention and management of diseases through dietary and lifestyle changes rather than solely relying on medication or surgery. The focus on a low fat plant-based diet in the Prostate GEMINAL study exemplifies this strategy to promote better health among participants while potentially reducing the severity of prostate-related issues.

5. What is meant by a 'beginner's mind' in mindfulness practices?

- A. Approaching situations with fear and anxiety
- B. Having a fixed mindset about personal abilities
- C. Being open and unafraid to new experiences**
- D. Ignoring new information and insights

Having a 'beginner's mind' in mindfulness practices refers to the ability to approach situations with openness, curiosity, and a lack of preconceived notions. This concept encourages individuals to engage with experiences as if they are encountering them for the first time. By doing so, practitioners can cultivate a sense of wonder and appreciation, allowing them to fully experience the present moment without the distractions of judgment or prior knowledge. This perspective is particularly valuable in mindfulness, as it fosters a non-judgmental attitude and enhances the ability to observe thoughts, emotions, and experiences without the biases that come from routine or expectations. It enables individuals to learn and grow from each experience, leading to deeper insights and more effective mindfulness practice. The other choices reflect attitudes and mindsets that are contrary to the notion of a beginner's mind. Approaching situations with fear and anxiety can create barriers to truly experiencing the moment. A fixed mindset about personal abilities limits growth and exploration, while ignoring new information contradicts the essence of remaining open to learning and adapting.

6. Which screening tool is commonly used for assessing anxiety?

- A. PHQ-2
- B. GAD-7**
- C. PHQ-9
- D. Beck Anxiety Inventory

The GAD-7 is a widely recognized screening tool specifically designed to assess generalized anxiety disorder (GAD). It consists of seven questions that focus on the frequency of various anxiety symptoms experienced in the past two weeks, such as excessive worry, difficulty relaxing, and restlessness. The responses are scored to provide a total score that can help determine the severity of anxiety symptoms, ranging from mild to severe. This tool is particularly effective because it is brief, easy to use in clinical settings, and has been validated for identifying anxiety disorders, making it a preferred choice among healthcare providers for initial assessments of anxiety levels in patients. In contrast, while the PHQ-2 and PHQ-9 are tools used for assessing depression, and the Beck Anxiety Inventory is a comprehensive scale for measuring anxiety, the GAD-7 is specifically tailored for anxiety screening and is widely used in both clinical and research settings for this purpose.

7. What happens physiologically during positive social interactions?

- A. It triggers the sympathetic nervous system
- B. It elevates heart rate
- C. It stimulates the parasympathetic nervous system**
- D. It increases anxiety levels

Positive social interactions are associated with several beneficial physiological responses, particularly involving the parasympathetic nervous system. When people engage in friendly and supportive interactions, this stimulates the parasympathetic nervous system, which is responsible for the "rest and digest" functions of the body. This activation leads to a state of relaxation and calmness. This physiological response contrasts with the activation of the sympathetic nervous system, which is more associated with "fight or flight" responses and can lead to stress and heightened anxiety. During positive social interactions, the body tends to lower its stress hormones, reduce heart rate, and promote feelings of well-being. The stimulation of the parasympathetic nervous system can foster a sense of safety and security, which is essential for interpersonal bonding and social cohesion. In summary, during positive social interactions, there is a pronounced stimulation of the parasympathetic nervous system, leading to relaxation and emotional comfort, which is an essential aspect of mental and physical health.

8. Which is NOT a component recommended in lifestyle medicine for treating acute depression?

- A. Increased fruit and vegetable intake
- B. Surgery as a treatment option**
- C. Mindfulness and relaxation therapy
- D. Positive relationships and social support

In the context of lifestyle medicine for treating acute depression, the inclusion of various holistic and non-invasive strategies is emphasized. Increasing fruit and vegetable intake, practicing mindfulness and relaxation techniques, and fostering positive relationships and social support are all recognized as beneficial approaches to improve mental health and overall well-being. These strategies are grounded in research that highlights the positive impact of nutrition, mental health practices, and social connections on managing symptoms of depression. Surgery, however, does not align with the principles of lifestyle medicine for treating acute depression. Lifestyle medicine focuses on prevention and self-management through lifestyle changes rather than invasive medical interventions. Therefore, surgery is generally not considered an appropriate or recommended treatment for acute depression within this framework, making it the correct answer to the question about what is NOT a component recommended in lifestyle medicine for this condition.

9. In the National Diabetes Prevention Program, what was the control group treatment for participants?

- A. Standard dietary guidelines
- B. Placebo medication**
- C. Dietary supplements
- D. No intervention

In the National Diabetes Prevention Program (NDPP), the control group participants received standard lifestyle recommendations, which can be best summarized as adhering to standard dietary guidelines. This was an active control compared to the intensive lifestyle intervention offered to the experimental group. The aim was to see how well participants could improve their health and reduce their risk of developing type 2 diabetes. The control group did not receive a placebo medication, dietary supplements, or no intervention at all. Instead, they followed standard approaches for managing weight and diabetes risk. This method allows researchers to effectively measure the outcomes of the more intensive intervention by comparing it to the baseline standard care, providing valuable insights into the efficacy of lifestyle changes in diabetes prevention.

10. Which lifestyle intervention had a measurable effect on telomere length in the long-term study?

- A. Diet only
- B. Physical activity only
- C. Comprehensive lifestyle changes**
- D. Stress management techniques only

The correct answer is comprehensive lifestyle changes, as various long-term studies have shown that a multifaceted approach combining diet, physical activity, and stress management significantly impacts telomere length. Telomeres, the protective ends of chromosomes, shorten with age and stress, and their length is a marker of cellular aging. When individuals make comprehensive lifestyle changes, they typically adopt a healthier diet, engage in regular physical activity, and incorporate stress-reducing practices, all of which contribute synergistically to improved cellular health. For example, diets that are rich in whole foods, antioxidants, and anti-inflammatory compounds can help protect telomeres, while regular physical activity has been shown to enhance telomerase activity, which maintains telomere length. Additionally, effective stress management techniques can reduce oxidative stress and inflammation, both of which are associated with telomere shortening. In contrast, interventions focused solely on diet, physical activity, or stress management individually may not yield the same significant effects on telomere length as adopting a fully integrated approach that encompasses all three aspects of lifestyle modification. This emphasizes the importance of a holistic view in lifestyle medicine, where multiple healthy behaviors work together for greater health benefits.

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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