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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://alcmboard.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. How does social media impact health behaviors?

A. It only has negative influences

B. It can both positively and negatively influence health behaviors

C. It replaces the need for real-life support networks

D. It exclusively promotes healthy trends

2. Why is assessing readiness to change crucial in lifestyle interventions?

A. It helps in selecting the most popular diet.

B. It provides a one-size-fits-all approach.

C. It aids in tailoring interventions to the individual's stage of change.

D. It eliminates the need for any follow-up.

3. What is an example of an effective stress-relief technique?

A. Ignoring stressors until they go away

B. Deep breathing exercises

C. Engaging in negative self-talk

D. Limit interactions with family and friends

4. What term describes the use of lifestyle interventions for disease prevention, management, and reversal?

A. Preventive Medicine

B. Behavioral Medicine

C. Functional Medicine

D. Lifestyle Medicine

5. Why is the distribution of drinks limited for healthy adult women and men?

A. To promote better health outcomes

B. To satisfy government regulations

C. To comply with cultural norms

D. To ensure peer acceptance

SAMPLE

6. Which medical approach focuses on balancing core functional processes in the body?

A. Traditional Medicine

B. Functional Medicine

C. Preventive Medicine

D. Integrated Medicine

7. According to Motivational Interviewing principles, what should be developed to create a gap between a patient's goals and current behaviors?

A. Support Self-efficacy

B. Express empathy

C. Roll with Resistance

D. Develop discrepancy

8. When does DNA repair and leptin creation primarily occur?

A. During wakefulness

B. Throughout sleep

C. In deep sleep

D. During REM sleep

9. How can health professionals support patients in smoking cessation?

A. By recommending over-the-counter medications only

B. By providing resources and counseling

C. By encouraging patients to quit cold turkey

D. By limiting follow-up consultations

10. What percentage of saturated fats in the American diet is primarily attributed to cheese?

A. 8.5%

B. 5.9%

C. 7.2%

D. 6.6%

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How does social media impact health behaviors?

A. It only has negative influences

B. It can both positively and negatively influence health behaviors

C. It replaces the need for real-life support networks

D. It exclusively promotes healthy trends

The influence of social media on health behaviors is complex and multifaceted. It can indeed lead to both positive and negative outcomes. On the positive side, social media platforms can promote healthy behaviors by facilitating the sharing of health-related information, encouraging individuals to adopt healthier lifestyles, and creating communities that support healthy choices. For instance, users can find resources, connect with like-minded individuals, and receive motivation and encouragement from peers regarding diet, exercise, and wellness practices. Conversely, social media can also contribute to negative health behaviors. Exposure to unhealthy lifestyle choices, sensationalism surrounding beauty standards, or misinformation about health can lead to detrimental health practices, anxiety, and unhealthy comparisons. This dual-sided nature of social media's impact on health behaviors illustrates its potential as both a tool for positive change and a source of harmful influences. The interplay between these effects highlights the importance of understanding the diverse roles that social media can play in shaping health behaviors rather than viewing it as exclusively beneficial or harmful.

2. Why is assessing readiness to change crucial in lifestyle interventions?

A. It helps in selecting the most popular diet.

B. It provides a one-size-fits-all approach.

C. It aids in tailoring interventions to the individual's stage of change.

D. It eliminates the need for any follow-up.

Assessing readiness to change is crucial in lifestyle interventions because it allows health professionals to tailor their strategies to the individual's specific stage of change. The Transtheoretical Model of Behavior Change identifies various stages, including pre-contemplation, contemplation, preparation, action, and maintenance. By understanding where an individual is in this continuum, practitioners can develop interventions that resonate with the individual's current motivations and challenges, thereby enhancing engagement and effectiveness. For instance, someone in the pre-contemplation stage may not recognize the need for change, while someone in the action stage is already implementing changes in their lifestyle. Tailoring interventions to match these stages can involve different techniques, such as motivational interviewing for those not ready to change and providing support for those actively working to make changes. This individualized approach significantly increases the likelihood of successful outcomes since it respects the person's readiness and personal context, ultimately leading to more sustainable lifestyle modifications.

SAMPLE

3. What is an example of an effective stress-relief technique?

A. Ignoring stressors until they go away

B. Deep breathing exercises

C. Engaging in negative self-talk

D. Limit interactions with family and friends

Deep breathing exercises are recognized as an effective stress-relief technique because they help activate the body's relaxation response, which counteracts the physiological effects of stress. This technique involves focusing on slow, deep, and consistent breathing, which can lower heart rate, reduce blood pressure, and promote a feeling of calm. By bringing awareness to one's breath, individuals can redirect their attention from stressors, facilitating a more mindful approach to managing stress. This practice is accessible and can be performed anywhere, making it a practical and versatile tool for stress management. In addition, evidence shows that regular engagement in deep breathing can lead to improved emotional regulation, reduced anxiety, and enhanced overall well-being. In contrast, the other options do not promote effective stress management. Ignoring stressors tends to lead to increased anxiety and unresolved issues, while negative self-talk can exacerbate feelings of inadequacy and stress. Additionally, limiting interactions with family and friends can isolate individuals, leading to a decrease in social support, which is crucial for coping with stress.

4. What term describes the use of lifestyle interventions for disease prevention, management, and reversal?

A. Preventive Medicine

B. Behavioral Medicine

C. Functional Medicine

D. Lifestyle Medicine

The term that describes the use of lifestyle interventions for disease prevention, management, and reversal is Lifestyle Medicine. This approach focuses specifically on the role of lifestyle factors, such as nutrition, physical activity, sleep, stress management, and social connections, in promoting health and well-being. Lifestyle Medicine emphasizes evidence-based practices that empower individuals to make healthier choices, thereby potentially reducing reliance on medications and procedures. It integrates knowledge from various fields, including public health, nutrition, and exercise science, to provide comprehensive care. This approach is particularly effective for managing chronic diseases such as obesity, diabetes, heart disease, and hypertension, where lifestyle factors play a crucial role in both development and treatment. In contrast, Preventive Medicine typically refers more broadly to the medical practices and interventions aimed at preventing diseases before they occur, which may include vaccinations or screenings but does not exclusively focus on lifestyle changes. Behavioral Medicine, while related, emphasizes the psychological and behavioral aspects of health rather than solely lifestyle interventions. Functional Medicine also recognizes lifestyle factors but focuses more on the underlying biological and physiological mechanisms rather than the lifestyle changes themselves. Thus, Lifestyle Medicine uniquely encapsulates the concept of using lifestyle interventions as a primary tool for addressing health issues.

SAMPLE

5. Why is the distribution of drinks limited for healthy adult women and men?

A. To promote better health outcomes

B. To satisfy government regulations

C. To comply with cultural norms

D. To ensure peer acceptance

The distribution of drinks is limited for healthy adult women and men primarily to promote better health outcomes. Limiting the availability or consumption of certain beverages, particularly those high in added sugars, calories, or alcohol, is foundational in public health initiatives aimed at reducing the risk of chronic diseases such as obesity, diabetes, and cardiovascular issues. The focus on health outcomes underscores the importance of making informed choices regarding what individuals consume. For instance, by encouraging reduced intake of sugary drinks, public health efforts aim to lower the prevalence of metabolic syndrome and related conditions. This approach aligns with the principles of lifestyle medicine, which advocates for lifestyle modifications as a means to prevent disease and enhance overall well-being. Other factors, like government regulations, cultural norms, and peer acceptance, may influence beverage distribution, but the primary aim remains centered on achieving favorable health results for populations. Thus, limiting the distribution of certain drinks is a proactive measure towards fostering healthier communities.

6. Which medical approach focuses on balancing core functional processes in the body?

A. Traditional Medicine

B. Functional Medicine

C. Preventive Medicine

D. Integrated Medicine

Functional Medicine is a medical approach that prioritizes understanding and addressing the underlying causes of diseases rather than just treating symptoms. It focuses on balancing core functional processes within the body, taking into account the unique genetic and environmental factors that each individual may have. This approach emphasizes the interconnectedness of bodily systems and aims to restore optimal function by using a holistic perspective. In Functional Medicine, practitioners utilize a systems-oriented approach and often consider lifestyle factors such as nutrition, exercise, and stress management as key components in health and disease. By identifying imbalances and dysfunctions at a foundational level, practitioners can create personalized treatment plans that aim to restore health and improve quality of life, leading to more sustainable health outcomes. This distinguishes Functional Medicine from other medical approaches like Traditional Medicine, which may emphasize more symptomatic treatment and less individualized care, Preventive Medicine that focuses primarily on prevention rather than addressing functional imbalances, and Integrated Medicine, which combines conventional and alternative therapies but does not always specifically target core functional processes in the way Functional Medicine does.

SAMPLE

7. According to Motivational Interviewing principles, what should be developed to create a gap between a patient's goals and current behaviors?

A. Support Self-efficacy

B. Express empathy

C. Roll with Resistance

D. Develop discrepancy

Developing discrepancy is a core principle of Motivational Interviewing that focuses on helping patients recognize the difference between their current behaviors and their personal goals or values. This gap can create internal tension or discomfort, which can motivate patients to change their behaviors in pursuit of their goals. When practitioners help patients articulate their wishes, desires, and reasons for change, they can clearly see how their current actions do not align with what they want to achieve. This cognitive and emotional awareness is crucial for motivating behavior change, as individuals are often more inclined to take action when they realize that their current behavior is misaligned with their goals. In conjunction with other principles such as supporting self-efficacy, expressing empathy, and rolling with resistance, developing discrepancy lays the foundation for a productive dialogue that empowers patients to take steps toward healthier lifestyles. It is the realization of this discrepancy that prompts the willingness to explore options for change and encourages active participation in the change process.

8. When does DNA repair and leptin creation primarily occur?

A. During wakefulness

B. Throughout sleep

C. In deep sleep

D. During REM sleep

The correct answer is that DNA repair and leptin creation primarily occur throughout sleep. Sleep plays a critical role in various physiological processes, including cellular repair and maintenance. During sleep, particularly in the early stages and throughout the sleep cycle, the body undergoes significant restorative processes. DNA repair mechanisms are activated during this time, allowing the body to fix damage that may have accumulated in cells due to environmental factors or normal metabolic processes. Various studies support the idea that sleep enhances the efficiency of these repair processes, helping to maintain genomic integrity and cellular health. Leptin, a hormone involved in regulating energy balance and appetite, is also closely tied to sleep cycles. Research has indicated that leptin levels are influenced by sleep duration and quality. During sleep, and especially in the hours following adequate sleep, the production of leptin tends to increase, thus helping to regulate hunger and fat storage. This highlights the importance of sleep for overall health and metabolic processes, underscoring that both DNA repair and leptin creation are vital functions optimized during periods of sleep, rather than being restricted to specific stages like deep sleep or REM sleep alone.

SAMPLE

9. How can health professionals support patients in smoking cessation?

A. By recommending over-the-counter medications only

B. By providing resources and counseling

C. By encouraging patients to quit cold turkey

D. By limiting follow-up consultations

Providing resources and counseling is the most effective way for health professionals to support patients in smoking cessation. This approach addresses the multifaceted nature of addiction by offering both emotional support and practical strategies tailored to individual needs. Counseling can include techniques such as motivational interviewing, cognitive-behavioral therapy, and support group referrals, which help patients develop coping strategies, identify triggers, and reinforce their commitment to quit. Additionally, providing resources can encompass a variety of materials, including educational pamphlets about the health impacts of smoking, tips for managing withdrawal symptoms, and information on support services or quitlines. This holistic support increases the likelihood of success compared to simply suggesting other methods without the backing of professional guidance. While recommending over-the-counter medications can be a part of the smoking cessation plan, it is not a standalone solution and may not be sufficient without accompanying support. Encouraging patients to quit cold turkey may not be effective for everyone, as individual circumstances and levels of addiction vary. Limiting follow-up consultations can hinder the ongoing support that is critical for long-term success in cessation efforts. Therefore, comprehensive support that includes counseling and resources is essential for fostering lasting change.

10. What percentage of saturated fats in the American diet is primarily attributed to cheese?

A. 8.5%

B. 5.9%

C. 7.2%

D. 6.6%

The correct percentage of saturated fats in the American diet attributed to cheese is 8.5%. This figure highlights the significant contribution that cheese makes to overall saturated fat intake in the typical American diet. Cheese is commonly consumed in various forms, such as slices, shreds, and spreads, making it a prevalent source of saturated fats. Understanding the impact of cheese on saturated fat consumption is important, especially when considering dietary recommendations for reducing saturated fat intake to improve heart health and lower the risk of cardiovascular disease. In the context of a balanced diet, being aware of the sources and proportions of different types of fats can aid in making healthier choices. While other choices may represent valid data points, 8.5% stands out as the figure that reflects current dietary trends regarding cheese consumption and its role in fat intake for the average American. This emphasizes the need to monitor foods high in saturated fats, like cheese, within the overall dietary framework.

SAMPLE

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!

SAMPLE