AMERICAN COLLEGE OF LIFESTYLE MEDICINE (ACLM) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. **Lifestyle interventions reduce the progression of prediabetes to diabetes by approximately what percent?**

   A. 20%

   B. 80%

   C. 60%

   D. 40%

2. **Calcidiol is another name for which vitamin D metabolite?**

   A. 25-hydroxy vitamin D

   B. 1,25-dihydroxy vitamin D

   C. Vitamin D2

   D. Vitamin D3

3. **Which statement best describes why load-bearing exercise is important for bone health?**

   A. It applies mechanical loading to bones, stimulating remodeling and increasing strength

   B. It primarily improves flexibility with no effect on bone

   C. It reduces energy expenditure

   D. It is only helpful for young athletes

4. **What effect did Lim's 600-calorie diet have on type 2 diabetes parameters?**

   A. Normalization of beta cell function and hepatic insulin sensitivity

   B. Worsening of insulin resistance

   C. Decreased hepatic insulin sensitivity

   D. No change in metabolic parameters

5. **Cortisol awakening response occurs within how long after awakening?**

   A. 5 minutes

   B. 30 minutes

   C. 2 hours

   D. 4 hours

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6. Positivity resonance in positive psychology refers to which phenomenon?

A. A shared state distributed between two or more individuals, broadens and builds

B. A single individual's mood state

C. A physiological response to stress hormones

D. A form of clinical therapy

7. In the Lyon Diet Heart Study, what effect did the Mediterranean diet have on the risk of a recurrent heart attack in people with heart disease?

A. Reduced by 50-70%

B. Increased by 20%

C. No change

D. Reduced by 5-10%

8. The ABCD method of behavior change is best described as:

A. A cognitive behavioral technique to support patients in identifying non-productive thinking associated with a health behavior

B. A dietary plan

C. A stress management technique

D. A medication adherence protocol

9. How many states is the 1-800-QUIT-NOW line available in?

A. All 50 states

B. All 25 states

C. 10 states

D. 0 states

10. Which statement accurately describes carnitine's role?

A. It is a large carbohydrate that fuels glycolysis.

B. It is a vitamin involved in vision.

C. It is a hormone produced by adipose tissue.

D. It is a small organic compound that transports free fatty acids from the cytosol into the mitochondria for oxidation.

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Answers

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

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Explanations

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1. Lifestyle interventions reduce the progression of prediabetes to diabetes by approximately what percent?

A. 20%

B. 80%

C. 60%

D. 40%

Lifestyle changes such as sustained weight loss and regular physical activity dramatically cut the risk that prediabetes will progress to type 2 diabetes. In the landmark Diabetes Prevention Program, people with impaired glucose tolerance who adopted intensive lifestyle modification reduced their risk of developing diabetes by about 58% over roughly three years compared with those receiving standard care. Rounding this, we say about 60%. This magnitude is larger than what was seen with metformin in the same study and clearly higher than the smaller effects of many other interventions. So the best match is roughly a 60% reduction. The other options are not aligned with these findings.

2. Calcidiol is another name for which vitamin D metabolite?

A. 25-hydroxy vitamin D

B. 1,25-dihydroxy vitamin D

C. Vitamin D2

D. Vitamin D3

Calcidiol refers to the liver-produced form 25-hydroxy vitamin D. After vitamin D from sun or diet is absorbed, the liver adds a hydroxyl group to carbon 25, forming 25(OH)D, the major circulating form that clinicians measure to assess vitamin D status. The active hormone form is 1,25-dihydroxy vitamin D (calcitriol), which is made in the kidney and used for calcium and phosphate regulation, not for assessing stores. Vitamin D2 and D3 are the original dietary precursors. So calcidiol is 25-hydroxy vitamin D.

3. Which statement best describes why load-bearing exercise is important for bone health?

A. It applies mechanical loading to bones, stimulating remodeling and increasing strength

B. It primarily improves flexibility with no effect on bone

C. It reduces energy expenditure

D. It is only helpful for young athletes

Bones adapt to the forces placed on them. When you engage in weight-bearing activities, the bones experience mechanical strain from gravity and muscle pulling on them, and this loading signals bone cells to remodel, increasing bone mineral density and overall strength. This is why load-bearing exercise is so important for bone health—it directly drives the structural reinforcement of bone tissue. In other words, the concept hinges on the idea that bones strengthen in response to the stresses they routinely encounter. The other statements don't fit as well because flexibility comes mainly from soft-tissue and joint mobility work, not bone remodeling; energy expenditure is not the primary reason bones become healthier (it's a secondary effect at most); and weight-bearing benefits are relevant across ages, not just for young athletes. Practical examples include walking, running, stair climbing, and resistance training, all of which provide the loading needed to strengthen bone.

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4. What effect did Lim's 600-calorie diet have on type 2 diabetes parameters?

A. Normalization of beta cell function and hepatic insulin sensitivity

B. Worsening of insulin resistance

C. Decreased hepatic insulin sensitivity

D. No change in metabolic parameters

A very low-calorie intake can rapidly reverse key diabetes abnormalities by restoring two major pieces of glucose control: how the liver responds to insulin and how the beta cells in the pancreas function. When people cut calories dramatically, liver fat drops quickly, which reduces hepatic glucose production and greatly improves hepatic insulin sensitivity. At the same time, reduced metabolic stress on the beta cells allows them to recover their first-phase insulin response, boosting insulin secretion when glucose rises after meals. Together, these changes can normalize blood glucose regulation, especially during the period of the strict diet and often with careful weight maintenance afterward. This is why the best description is normalization of beta-cell function and hepatic insulin sensitivity.

5. Cortisol awakening response occurs within how long after awakening?

A. 5 minutes

B. 30 minutes

C. 2 hours

D. 4 hours

The cortisol awakening response is the rapid rise in cortisol that happens after waking up. This surge occurs within about 30 minutes of waking, often peaking around 30 to 45 minutes after awakening. That early post wake window is key, because the HPA axis is activated as you start your day. So the best answer is 30 minutes after awakening. The other times—5 minutes, 2 hours, or 4 hours—miss this immediate post wake surge and don't capture the typical response pattern.

6. Positivity resonance in positive psychology refers to which phenomenon?

A. A shared state distributed between two or more individuals, broadens and builds

B. A single individual's mood state

C. A physiological response to stress hormones

D. A form of clinical therapy

Positivity resonance is about shared positive emotion during social interaction. When people experience joy or warmth together, their affect, facial expressions, and even physiological responses tend to synchronize, creating a sense of connection and safety. This mutual responsiveness expands attention and action in the moment and, over time, builds social resources like trust, cooperation, and stronger relationships. That shared, interactive state—distributed across two or more people and linked to broadening of thought/behavior and building of resources—is exactly what the option describes. It isn't about a single person's mood, a stress-hormone response, or a clinical therapy, which is why those other choices don't fit.

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7. In the Lyon Diet Heart Study, what effect did the Mediterranean diet have on the risk of a recurrent heart attack in people with heart disease?

A. Reduced by 50-70%

B. Increased by 20%

C. No change

D. Reduced by 5-10%

The main idea is that adopting a Mediterranean-style diet after heart disease can markedly reduce the risk of another heart event. In the Lyon Diet Heart Study, people with established CHD who followed a Mediterranean pattern—emphasizing olive oil and monounsaturated fats, plenty of fruits, vegetables, whole grains, and nuts, with reduced saturated fat—experienced a substantial drop in recurrent major cardiovascular events. The reduction was large, around 50% to 70% compared with the control diet. This demonstrates that a diet focused on healthier fats and plant-based foods can significantly lower the chance of another heart attack in those with existing heart disease. The other options don't fit because the study did not show a small change, no change, or an increase; the benefit was a pronounced risk reduction in the range noted.

8. The ABCD method of behavior change is best described as:

A. A cognitive behavioral technique to support patients in identifying non-productive thinking associated with a health behavior

B. A dietary plan

C. A stress management technique

D. A medication adherence protocol

The ABCD method is a cognitive-behavioral approach that helps patients identify and challenge unhelpful thinking patterns that drive health behaviors. It guides them through four steps: Activating event or situation, the Beliefs about what happened, the Consequences in emotions and actions, and a Dispute of those beliefs to test their accuracy. By disputing irrational or unproductive thoughts and reframing them, patients can choose more adaptive actions, improving adherence and healthier choices. This isn't a dietary plan, a standalone stress management technique, or a medication adherence protocol; it's a framework for reshaping thoughts that influence behavior. For example, recognizing a craving (activating event), noting the belief "I'll never quit," observing the consequence of hopelessness, disputing that belief with evidence and alternative views, and deciding on a concrete plan to cope or proceed with a quit attempt.

9. How many states is the 1-800-QUIT-NOW line available in?

A. All 50 states

B. All 25 states

C. 10 states

D. 0 states

The line is a nationwide entry point to tobacco cessation services. It's designed so people can access help from anywhere in the United States, with the call routed to the appropriate state quitline. Because of this universal access, it's available in all 50 states. Some states may offer different services or additional resources, but the hotline itself serves callers nationwide.

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10. Which statement accurately describes carnitine's role?

A. It is a large carbohydrate that fuels glycolysis.

B. It is a vitamin involved in vision.

C. It is a hormone produced by adipose tissue.

D. It is a small organic compound that transports free fatty acids from the cytosol into the mitochondria for oxidation.

Carnitine's main job is to shuttle long-chain fatty acids from the cytosol into the mitochondria so they can be oxidized for energy. Long-chain fatty acids can't cross the inner mitochondrial membrane on their own, so the fatty acid first binds to carnitine to form an acyl-carnitine that can be transported into the matrix. Inside, the fatty acid is released to reform acyl-CoA for beta-oxidation, generating acetyl-CoA for the TCA cycle and energy. Short- and medium-chain fatty acids can enter without this shuttle, but long-chain fatty acids require carnitine. This makes the statement that carnitine transports free fatty acids from the cytosol into the mitochondria for oxidation the correct description. It's a small organic molecule involved in fatty acid transport, not a vitamin linked to vision, not a hormone, and not a carbohydrate fuel.

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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://aclm.examzify.com

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

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