LIFESTYLE MEDICINE 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. Which condition is NOT commonly associated with the Western diet?

A. Gallbladder disease

B. Obesity

C. High blood pressure

D. Colon cancer

2. What is the recommended amount of daily physical activity for children aged 6-17 years?

A. 30 minutes

B. 1 hour

C. 2 hours

D. 1.5 hours

3. 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

4. Which external factor can influence circadian rhythms?

A. Emotional stress

B. Light intensity

C. Sound levels

D. Social interactions

5. In assessing physical activity, what are the two vital sign questions used?

A. Days per week and type of exercise

B. Days per week and minutes per day of moderate exercise

C. Intensity of exercise and duration

D. Daily steps and active minutes

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6. According to the EPIC study, what is the risk associated with increased calories from animal protein?

A. Increased risk of heart disease.

B. No risk change.

C. Decreased risk of diabetes.

D. Increased risk of diabetes.

7. How often should hypertension screenings be conducted for individuals over 60?

A. Every five years

B. Once every year

C. Every 6-12 months

D. Every two years

8. What do the two questions addressing emotional well-being focus on?

A. Physical fitness and diet

B. Life satisfaction and emotional coping

C. Healthcare access and affordability

D. Social support and relationships

9. What are the five elements of well-being identified in lifestyle medicine?

A. Emotional, social, physical, financial, environmental

B. Purpose, social, financial, community, physical

C. Economic, community, physical, mental, spiritual

D. Social, physical, emotional, educational, career

10. What percentage of the diet is typically made up of processed foods in the Western diet?

A. 40%

B. 50%

C. 63%

D. 75%

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Answers

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

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Explanations

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1. Which condition is NOT commonly associated with the Western diet?

A. Gallbladder disease

B. Obesity

C. High blood pressure

D. Colon cancer

The condition that is not commonly associated with the Western diet is high blood pressure. While high blood pressure is influenced by various dietary habits, it is not as directly correlated with the typical components of a Western diet as the other listed options. The Western diet, characterized by high intakes of processed foods, saturated fats, sugars, and refined carbohydrates, is primarily linked with obesity. The excess calorie intake and poor nutritional quality lead to weight gain and obesity, which in turn can increase the risk of several health issues. Gallbladder disease is another condition often associated with the Western dietary pattern. The high-fat content and low-fiber intake can contribute to the formation of gallstones, which is a common problem in individuals consuming a typical Western diet. Colon cancer is also linked to the Western diet due to its low fiber content and high consumption of red and processed meats. The lack of dietary fiber and the presence of certain harmful substances in processed meats can increase the risk of colorectal tumors. In contrast, while high blood pressure is indeed prevalent and can be exacerbated by certain dietary practices, it is influenced by a broader range of factors including genetics, lifestyle choices, and overall dietary patterns. Therefore, its direct association with the Western diet is not as strong as the

2. What is the recommended amount of daily physical activity for children aged 6-17 years?

A. 30 minutes

B. 1 hour

C. 2 hours

D. 1.5 hours

The recommended amount of daily physical activity for children aged 6-17 years is 1 hour. This recommendation is based on guidelines provided by various health organizations, including the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). Engaging in at least 1 hour of moderate to vigorous physical activity each day helps children maintain a healthy weight, supports their physical development, and improves their mental health. Activities can include a combination of aerobic exercises, muscle-strengthening, and bone-strengthening activities, contributing to overall fitness and long-term health benefits. This amount of activity is essential for developing strong bones and muscles, enhancing cardiovascular fitness, and promoting psychological well-being. Shorter durations, such as 30 minutes, do not meet the comprehensive recommendations, nor does 2 hours, which may lead to adverse effects or burnout. Similarly, 1.5 hours is above the suggested threshold without providing additional health benefits, as 1 hour is considered sufficient for this age group.

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3. 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.

4. Which external factor can influence circadian rhythms?

A. Emotional stress

B. Light intensity

C. Sound levels

D. Social interactions

Light intensity is a crucial external factor that significantly influences circadian rhythms. Circadian rhythms are physical, mental, and behavioral changes that follow a daily cycle, primarily responding to the light and dark cycles in the environment. The presence of natural light, especially blue light from the sun, plays a major role in regulating the body's internal clock by affecting the production of melatonin, the hormone responsible for sleepiness. When light enters the eyes, it sends signals to the suprachiasmatic nucleus (SCN) in the brain, which then coordinates various physiological functions including sleep-wake cycles, hormone release, and even body temperature regulation. Thus, changes in light intensity can shift circadian rhythms, impacting overall health and wellbeing. While emotional stress, sound levels, and social interactions can affect sleep quality and overall health, they do not have the same direct and powerful biological impact on the regulation of circadian rhythms as light does. Light is a primary zeitgeber, or time cue, that directly influences the timing and synchronization of these rhythms within the body.

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5. In assessing physical activity, what are the two vital sign questions used?

A. Days per week and type of exercise

B. Days per week and minutes per day of moderate exercise

C. Intensity of exercise and duration

D. Daily steps and active minutes

The two vital sign questions used in assessing physical activity generally focus on the frequency and duration of exercise. By asking about the days per week and the minutes per day of moderate exercise, practitioners can gain valuable insights into a person's overall activity level and adherence to recommended guidelines. This approach is effective because it enables health professionals to evaluate whether individuals are meeting the standard physical activity recommendations, which typically suggest engaging in at least 150 minutes of moderate-intensity exercise per week. Other answer choices involve elements relevant to physical activity assessment but do not directly capture the core frequency and duration metrics. For instance, while understanding the type of exercise and intensity are important, knowing how many days per week and how many minutes per day someone exercises provides a clearer picture of their overall activity level. Similarly, daily steps and active minutes may indicate physical activity but do not directly address the recommended guidelines as effectively as the combination of days and minutes does.

6. According to the EPIC study, what is the risk associated with increased calories from animal protein?

A. Increased risk of heart disease.

B. No risk change.

C. Decreased risk of diabetes.

D. Increased risk of diabetes.

The EPIC study, which stands for the European Prospective Investigation into Cancer and Nutrition, investigated various dietary factors and their impact on health outcomes among participants across Europe. One significant finding of the study was that increased caloric intake from animal protein is associated with an elevated risk of developing diabetes. This connection can be attributed to several factors. Diets rich in animal proteins often correlate with higher intakes of saturated fats and lower intakes of dietary fiber, both of which can negatively impact insulin sensitivity and glucose metabolism. Additionally, the consumption of red and processed meats has been linked to inflammation, which plays a role in the pathogenesis of insulin resistance and type 2 diabetes. Thus, the data from the EPIC study supports the understanding that high caloric intake from animal protein can indeed increase the risk of diabetes in individuals. The other choices either suggest no change in risk or propose that increased animal protein may lower the risk of diseases, which contradicts the findings of the EPIC study regarding diabetes risk specifically.

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7. How often should hypertension screenings be conducted for individuals over 60?

A. Every five years

B. Once every year

C. Every 6-12 months

D. Every two years

Individuals over the age of 60 are at an increased risk for developing hypertension, a condition that can lead to serious health complications such as heart disease and stroke. As such, regular screenings are essential to monitor blood pressure levels effectively. The recommended practice for this age group is to conduct screenings every 6 to 12 months. This frequency allows for timely identification of high blood pressure, enabling early intervention and management. Regular monitoring is crucial because hypertension often does not present noticeable symptoms, making it essential to check blood pressure regularly to avoid potential health risks. Annual screenings might be sufficient for lower-risk individuals, but given the specific vulnerabilities associated with aging, more frequent checks are favored. Conducting screenings every five years, every two years, or even once per year does not align as closely with the current guidelines for proactive management of hypertension in older adults. Regular monitoring within the 6 to 12 months range ensures that any developments in blood pressure can be addressed promptly.

8. What do the two questions addressing emotional well-being focus on?

A. Physical fitness and diet

B. Life satisfaction and emotional coping

C. Healthcare access and affordability

D. Social support and relationships

The focus of the two questions addressing emotional well-being centers on life satisfaction and emotional coping. This reflects a core component of lifestyle medicine, which emphasizes the importance of mental and emotional health in overall wellbeing. Life satisfaction pertains to an individual's assessment of their life as a whole, including their feelings of fulfillment and happiness. Emotional coping involves the strategies and techniques individuals employ to manage stress, anxiety, and other emotional challenges, which are crucial for maintaining mental health. Addressing life satisfaction helps individuals assess their emotional state and make necessary adjustments to improve their mental health, while effective emotional coping strategies provide tools to navigate life's challenges. Together, these aspects underscore the relationship between emotional wellbeing and overall health, an essential principle in lifestyle medicine that advocates for a holistic approach to health care. The other options do not capture this focus on emotional well-being as thoroughly as life satisfaction and coping methods do. For instance, physical fitness and diet relate more to physical health, while healthcare access and affordability concern barriers to obtaining care and may not directly address mental health. Social support and relationships, although significant, are better aligned with community and interpersonal dynamics rather than the individual aspects of emotional well-being directly discussed in the context of the question.

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9. What are the five elements of well-being identified in lifestyle medicine?

A. Emotional, social, physical, financial, environmental

B. Purpose, social, financial, community, physical

C. Economic, community, physical, mental, spiritual

D. Social, physical, emotional, educational, career

The five elements of well-being identified in lifestyle medicine are indeed purpose, social connections, financial stability, community involvement, and physical health. Each of these elements plays a critical role in promoting overall well-being and quality of life. Purpose refers to having a sense of direction and meaning in life, which can motivate individuals to engage in healthy behaviors and pursue personal goals. Social connections emphasize the importance of relationships and social support systems, which have been shown to impact mental health positively. Financial stability is essential, as financial stress can significantly detract from overall well-being. Community involvement fosters a sense of belonging and encourages healthy, supportive environments. Finally, physical health is foundational to well-being, addressing aspects like diet, exercise, and preventive care that maintain and enhance one's physical condition. This comprehensive approach recognizes that well-being is multifaceted, integrating various aspects of life that contribute to an individual's overall health and happiness. In contrast, the other options presented emphasize different combinations of elements but either miss key components like purpose or community involvement or include elements that do not directly align with the established framework of lifestyle medicine.

10. What percentage of the diet is typically made up of processed foods in the Western diet?

A. 40%

B. 50%

C. 63%

D. 75%

The choice indicating that 63% of the diet is typically made up of processed foods in the Western diet is supported by extensive research into dietary patterns. In many Western countries, processed and ultra-processed foods constitute a significant portion of total food intake, affecting overall health and nutrition. These foods often include sugary snacks, ready-to-eat meals, and beverages high in sugars and unhealthy fats, contributing to various health issues such as obesity, heart disease, and diabetes. Research and nutritional surveys frequently indicate that around 60% to 65% of calories in a typical Western diet come from these types of foods, with the figure of 63% aligning closely with those findings. This percentage underscores the prevalence of processed foods, emphasizing the need for increased awareness and potential dietary modifications for better health outcomes. Understanding this aspect of the diet helps in advocating for dietary strategies that promote whole foods and reduce reliance on processed options.

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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://lifestylemed.examzify.com

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

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