



AMERICAN COLLEGE OF  
**Lifestyle Medicine**  
TRAINEES

**HOW TO START A**

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# **Lifestyle Medicine Interest Group**



*“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.”*

THOMAS A. EDISON



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# WELCOME



Welcome to the American College of Lifestyle Medicine (ACLM) community! We are so thrilled that you are interested in starting a Lifestyle Medicine Interest Group (LMIG) on your campus. This guide was created to make the process of starting and maintaining a Lifestyle Medicine Interest Group as easy as possible. The ACLM Trainees Executive Board is available to answer any questions you may have and provide you with the support you need to establish a sustainable, thriving, and effective LMIG!

# INTRODUCTION



Founded in 2004, the American College of Lifestyle Medicine (ACLM) is the medical professional society for physicians and other professionals dedicated to clinical and worksite practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system. Practice involves the use of evidence-based therapeutic approaches, such as eating a predominantly whole food, plant-based diet, getting regular physical activity, adequate sleep, managing stress, avoiding use of risky substances and pursuing other non-drug modalities, to treat, reverse, and prevent chronic disease. ACLM educates, equips, empowers and supports its members as they provide evidence-based Lifestyle

Medicine as the first treatment option in clinical practice and worksite settings through live and online CME-accredited events and educational offerings, certification, clinical practice tools, patient education resources, economic research, networking opportunities and advocacy efforts. Today, ACLM has more than 5,000 members—and growing—across the world on every continent with 14 international Lifestyle Medicine organizations represented by ACLM's Lifestyle Medicine Global Alliance. Lifestyle Medicine is one of the fastest growing career fields of medicine globally and holds the promise for true health reform as it addresses the root-cause of chronic illness.





# AMERICAN COLLEGE OF Lifestyle Medicine

## **ACLM'S DEFINITION OF LIFESTYLE MEDICINE:**

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease.

## **ACLM'S VISION STATEMENT:**

A world wherein Lifestyle Medicine is the foundation of a transformed, sustainable system of health care.

## **ACLM'S MISSION STATEMENT:**

Advancing evidenced-based Lifestyle Medicine as a value-based specialty that transforms, redefines and sustains health and health care by treating, reversing and preventing noncommunicable, chronic disease.

## **ACLM'S POSITION STATEMENT:**

The American College of Lifestyle Medicine is a galvanizing force for change. ACLM addresses the need for quality, evidence-based education and certification as well as advocates for its members in their individual practices and in their collective mission to nationally and globally promote Lifestyle Medicine as the first and optimal treatment option. ACLM members are united in their desire to eradicate the root causes of chronic disease.



# OBJECTIVES of a LMIG

A Lifestyle Medicine Interest Group (LMIG) is an organized, coordinated group of students who meet regularly to:

- Cultivate multi-institutional, student-initiated Lifestyle Medicine (LM) programming
- Establish or improve LM curriculum at medical and health professions schools through student advocacy
- Inform undergraduate, graduate, and medical students about the activities of ACLM and encourage outreach activities that foster the goals and objectives of the ACLM
- Connect with other students, faculty, and professionals interested in LM
- Share best practices in LM on their respective campuses and communities
- Gain exposure to LM in educational, clinical, and research settings
- Increase student awareness of the latest advances and research in LM
- Provide students interested in LM with opportunities for professional advancement and leadership development
- Expose students to various career paths in LM
- Promote a healthier and happier lifestyle for student members of each chapter and lead by example for local communities and the world at large
- Develop LM initiatives that support healthy habits for students and the local community
- Collaborate with other ACLM LMIG groups to share best practices

**ALL LMIGS ARE AFFILIATED  
WITH THE ACLM.**



# MEMBERSHIP REQUIREMENT

*At least one LMIG student leader must maintain active ACLM Membership and at least one Faculty Advisor must maintain active ACLM Membership.*

*LMIGs that satisfy membership requirement receive a welcome package.*

## BENEFITS OF ACLM MEMBERSHIP:

- Exclusive membership rates on all ACLM conferences & workshops, including the Lifestyle Medicine Annual Meeting (*details available on a per event basis*)
- 25% discount on most continuing education courses offered on our Learning Management System. **More details on course offerings available at [LifestyleMedicine.org/Education](https://www.lifestylemedicine.org/Education)**
- Up to \$200 in exclusive member savings on the Lifestyle Medicine Core Competencies (LMCC) [Online Program](#)
- 10% exclusive member discount on the [American Board of Lifestyle Medicine](#) (ABLM)
- Member-Exclusive Job Opportunities. **ACLM supports member employers and employees by posting job opportunities on our website and in our member bulletin**
- Bi-monthly ACLM newsletter and Member Bulletins, highlighting Lifestyle Medicine clinical practice models, [the latest research](#), and upcoming events
- Exclusive access to clinical practice resources, featured practices and case studies
- Opportunities to network and collaborate with like-minded professionals through our [Member Interest Groups](#)
- Annual subscription to the [American Journal of Lifestyle Medicine](#)
- Invitation to ACLM Educational [Webinars](#) and member-exclusive access to the webinar archive recordings
- Advocacy for Lifestyle Medicine Practice and Practitioners

# INFORMATION FOR FACULTY



*All LMIGs are required to have at least one faculty advisor.*

## **FACULTY ADVISOR ROLES AND RESPONSIBILITIES:**

- One-time completion of Faculty Orientation
- Assist in the creation of a LMIG email address
- Ask students what their interests are and how they would like you to help
- Help to organize, support, and enable student LMIG leaders and members as they pursue the objectives of their LMIG
- Clearly outline your advisory role in the group, providing guidance, resources, and oversight for the LMIG student leadership team
- Attend meetings and help students brainstorm ideas, develop agendas, and plan events for the year
- Connect students with opportunities in the local community
- Involve students in research and professional development opportunities
- Provide continuity through officer transitions
- Coordinate with the academic institution to ensure ongoing LMIG support and recognition is received
- Help LMIGs find funding sources, such as through the [Taste of Lifestyle Medicine Grant](#), departmental funds, or health institutes/ companies
- Ensure consistent communication is occurring between student LMIG leadership and the ACLM Trainees Executive Board
- Ensure students are meeting ACLM requirements each academic period
- Attend bi-annual LMIG semester report meetings
- Submit faculty advisor semester report survey each academic period to ACLM Trainees Executive Board

# STEPS FOR STARTING A SUCCESSFUL LMIG

## PART ONE

### 1. FACULTY

Find a faculty advisor at your institution or an affiliated physician/health professional. Consult the [ACLM membership directory](#) or email the ACLM Trainees Executive Board for suggestions.

### 2. CONSULT SCHOOL

Consult your school's administration (*Dean of Academic Affairs* or *Student Affairs Office*) to find information on how to establish a LMIG on your campus. Ask about required forms, deadlines and group funding.

### 3. GARNER INTEREST

Garner interest from fellow students by using school forums, connect through social media platforms (Facebook/Instagram/LinkedIn), campus email, health class group projects, study groups and campus advertising (i.e. posters).

### 4. GATHER LIST

Gather contact information of interested students, faculty, and supportive local organizations.

## PART TWO

### 5. [SUBMIT APPLICATION TO BECOME AN OFFICIAL ACLM LMIG](#)

### 6. ESTABLISH LEADERSHIP

Establish leadership roles (*President/Co-Presidents, Vice President, Secretary, Treasurer, Social Media Manager*). Consider additional positions focusing on each LM pillar.

### 7. ACTIVITIES & DELEGATION

Poll group members about activities they are interested in, and delegate tasks to ensure even and equal allocation of duties.

### 8. REFER TO CONSTITUTION

Sample constitution at [lifestylemedicine.org/LMIG](http://lifestylemedicine.org/LMIG) for details on leadership structure, operation, and maintaining a strong connection with the larger ACLM community.

## 9. MAKE IT OFFICIAL BY COMPLETING ORIENTATION

- I. ACLM LMIG orientation sessions are offered annually in July, October, and March. Participation in one of these sessions is required **by both** student leaders and the faculty advisor to officially become affiliated with the ACLM. LMIG Orientation is comprised of three sessions that take place over the course of a month; one student leader session, one faculty advisor sessions, and a final graduation session which brings together both faculty advisors and students. This process allows regional groups to connect, share ideas, learn about event hosting and leadership best practices. At the end of the orientation, you will be equipped with all the tools and resources needed to maintain a strong Lifestyle Medicine Interest Group.
- II. Before the final graduation session, prospective LMIGs must complete the following steps:
  - ◇ [BECOME AN ACLM TRAINEE MEMBER](#)
  - ◇ **Submit documentation** of an [officer meeting](#), [group event](#), or an [event you have scheduled in the future](#) to the ACLM Trainees Executive Board
  - ◇ Apply for a [Taste of Lifestyle Medicine Grant](#) to purchase plant-based food to serve at your event
  - ◇ Create an LMIG email address for your group
  - ◇ Create an LMIG social media presence for your group if your institution allows
  - ◇ Submit the [LMIG Officer Documentation Survey](#)

*This form requires a constitution upload. Please work with your LMIG leadership to develop this based on your academic institution's official student organization requirements.*

# STUDENT LEADERSHIP TEAM

LMIGs are each facilitated by a leadership team that is comprised of elected students (*officers*). These officers must include (*at minimum*): President, Vice President/Co-President, Secretary, Treasurer and Social Media Manager. The basic roles and responsibilities of officers should be determined by each LMIG, and delineated in their Constitution and Bylaws.

**PRESIDENT** | This role serves as the chief visionary for the direction of the group, functions as the primary ACLM contact for the group via group email, sustains consistent communication with faculty advisor and Trainees Executive Board and performs outreach to community members for partnerships and events.

## **VICE PRESIDENT/ CO-PRESIDENT**

This role assists the president, prepares to move into the presidential role, is ideally an earlier year of study than the president, has served in an officer role within a LMIG or similar student organization before, is present during all meetings and focuses on on-campus events (health fairs, homecoming, etc.).

**SECRETARY** | This role takes meeting notes, schedules events, ensures information dissemination to group members, is present at all meetings, facilitates internal communication among officers, and schedules/facilitates upcoming elections.

**TREASURER** | This role works with the student activities department to access group institutional funding, applies for external funding ([\*Taste of Lifestyle Medicine Grant\*](#)), manages funds, and budgets for group fundraisers.

## **SOCIAL MEDIA MANAGER**

This role sets up and maintains LMIG social media accounts, interacts with ACLM Trainees on social media, promotes group events, shares reputable Lifestyle Medicine facts/education/ resources, and ensures that ACLM brand guidelines are followed.

[NEW STUDENT LEADERSHIP/  
OFFICER TRAINING VIDEO](#)

# EMAIL COMMUNICATIONS

Work with your faculty advisor to create an email address for your LMIG through which all official communications occur (*communications with faculty, meeting reminders, newsletters, etc.*).

LMIG email allows for continuity of communication with ACLM Trainees Executive Board and for the promotion of timeless marketing materials.

## LMIG CONSTITUTION & BYLAWS

Each LMIG should develop their own Constitution and Bylaws.

Example LMIG Constitution located at [LIFESTYLEMEDICINE.ORG/LMIG](https://LIFESTYLEMEDICINE.ORG/LMIG).

**CONSTITUTION** | The enduring principles governing LMIG operations.

**BEST PRACTICES** | Article I (*Name*); Article II (*Purpose*); Article III (*Membership*); Article IV (*Officers and Leadership Team*); Article V (*Operations*); Article VI (*Finances*); Article VII (*Ratification*) .

**BYLAWS** | The rules of guidance by which the LMIG will function, includes any items or processes that may be subject to frequent revision.

**REMINDER** | Your LMIGs faculty advisor and University Student Resources Center are invaluable resources as you develop, revise, and ratify your LMIGs Constitution and Bylaws!



# TIPS FOR SUCCESSFUL MEETINGS

- Limit meetings to 60 minutes
- Send out meeting reminders to all members
- Create a specific agenda for each meeting prior to the meeting date
- In the initial meetings, poll the group for ideas and outline goals for the year
- Develop a Google, Outlook, or Dropbox folder for the interest group to keep information organized and connected
- Send out a monthly email with links to the most recent ACLM Trainees and LMIG newsletters and other updates
- Serve healthy food and refreshments to incentivize attendance, if possible
- Apply for a Taste of Lifestyle Medicine grant to purchase plant-based food
- List meeting attendees and keep an updated list of group members
- End each meeting with a date or commitment for the next meeting
- Send out a follow-up email with meeting notes and action items
- Record minutes every meeting
- Submit an LMIG Future Event Invitation survey to advertise your virtual events to the larger ACLM Trainees community
- At the end of every LMIG email, please add a link to ACLM conference registration and the [ACLM website](#)

**ENGAGE SPEAKERS** | Talk to health-science departments, take note of lecturers throughout the year who express interest in LM in your local community, and learn about and utilize [ACLM Thought Leaders](#).

**NETWORKING** | ACLM Trainees has a list of contacts at other medical schools as well as links to their social media. Read what they have done and consider reaching out to them for ideas or to share your accomplishments. If you have a Facebook page, connect your Facebook page with ACLM Trainees Facebook and join the LMIG Student Leaders Facebook group. Follow us on Instagram [@ACLMTRAINEES](#).

# SOCIAL MEDIA

## BEST PRACTICES

- Follow ACLM brand guidelines (*page 17*)
- Put your LMIG information online! Some schools may provide server space for student groups. If this is not the case, consider services such as Google, WordPress, or Facebook for free online space
- Use platforms such as Instagram, Twitter, Facebook, LinkedIn, YouTube, Vimeo, etc. for social media engagement and to reach a larger audience
- Student LMIG leaders should join the Facebook group “LMIG Student Leaders” to individually connect with other student leaders from across the country, to share ideas and resources, and for pertinent Trainees Executive Board updates

## WHEN SHARING CONTENT ON SOCIAL MEDIA

- Promote evidence-based research and approaches to preventing, treating and reversing lifestyle-related chronic diseases
- Maintain professionalism
- Highlight group activities
- Reshare ACLM info-graphics and posts
- Livestream events to open attendance to other LMIGs and Trainees nationally



## HASHTAGS

We suggest using these hashtags for optimum social media engagement.

#lifestylemedicine #prevention #nutrition #aclm #aclmtrainees  
#wholefoods #plantbased #healthylifestyle #wellness #health #fitness  
#workout #doctor #physicians #students #cancer #autoimmune  
#chronicillness #type2diabetes #heartdisease #chronicfatigue #support  
#goodhealth #eatclean #healthyeating #sweat #medicine #healthcare  
#medical #evidencebased #healing #healthylifestyle

## FREE RESOURCES

### [ACLM website](#)

Under the Lifestyle Medicine tab on the main page, you will find links to Scientific Evidence and Tools/Resources

### [Nutritionfacts.org](#)

Dr. Michael Greger provides free updates on the latest research in nutrition

### [Truehealthinitiative.org](#)

Global coalition of renowned experts that provide resources and the latest lifestyle medicine news

## ACCOUNTS TO TAG/FOLLOW

When posting content to social media platforms it can be helpful to tag the following accounts. They will typically reshare and spread your content with their followers.

@aclifemed @aclmtrainees @physicianscommittee @forksoverknives  
@asmlifemed @lifemedglobal @pbsng @yourlifeandhealth  
@truehealthinitiative @plantpurenation @nutritionstudies  
@doctorsfor nutrition @plantbasedhealth professionals



# ACLM TRAINEES BRAND GUIDELINES



## GENERAL ACLM LOGO USE REQUIREMENTS

Full ACLM Logo to appear with all elements of icon and typography intact must be included without modification.

Color modifications other than black and white/gray-scale as shown are prohibited.

Logo should appear on solid background, preferably white, with icon in color and typography reversed in white for dark solid colors to improve readability.



## COLOR PALLET



## FONT

Logo Font:  
**Gill Sans**

Content Font:  
**Franklin Gothic**

If you intend on having a unique LMIG logo which incorporates ACLM branding, simply add your school logo to this [“Lifestyle Medicine Interest Group”](#) tile. The ACLM logo is not be altered for personal LMIG use beyond this supplied logo template.



# OFFICER ELECTIONS

*LMIGs should develop and implement policies and procedures for electing officers to their leadership team.*

## RECOMMENDED BEST PRACTICES

- Officer elections should occur either annually or biannually
- A quorum of >50% of the active LMIG membership should be reached for meetings where officer nominations and elections take place
- All officers should be elected by majority vote
- Only active members should be eligible to vote
- Consider electing officers from different educational years in order to allow consistency during future officer transitions
- Elections are conducted by ballot and tabulated by 3 officers

# EVENT REQUIREMENTS

*LMIGs are required to host at least three events per semester.*

Types of events that satisfy this requirement include educational, leadership- oriented, clinically-oriented, strategic planning events and community-oriented (campus or local). *One community-orientated event is required per year.*

**EVENT DOCUMENTATION** | In addition to hosting events each semester, LMIGs should also document these events and submit supporting materials to ACLM's Trainee Executive Board.

**INFO TO INCLUDE ON SURVEY** | Name of event, type of event, funding source, audience size, event details, personal feedback, and photos! Submitting photos of your event all your LMIG to be featured on our social media and newsletter and be considered for annual awards.

# SURVEYS/DOCUMENTATION

## Event Host Documentation

Must have at least three submissions per semester

## LMIG Officer Information

New submission requested with any and all officer transitions

## Future Event Invitation

Optional

## Semester Reports

Bi-Annual submissions

Faculty Semester Report

Student/Trainee Semester Report

*All required surveys available at [lifestylemedicine.org/lmig](http://lifestylemedicine.org/lmig) and are due biannually.*

## REQUIRED SEMESTER REPORTS



Separate sessions for student leaders and faculty advisors are held bi-annually, typically in May and December. Submission of separate Semester Reports (Trainee/Student and Faculty Advisor) is required prior to the meeting. E-mails containing this survey, deadlines, and relevant information will be sent to the faculty advisor and student leader or LMIG email addresses on file approximately one month in advance to allow for appropriate planning. These sessions are facilitated by the Trainees Executive Board VPs of Development and ACLM staff and bring together student leaders and faculty advisors from across the country allowing for networking, success stories, Q&A, and more.

# TIPS FOR SUCCESSFUL EVENTS

## SET GOALS

Set an intention for your event. Is your goal to educate your student body? Develop leadership? Build connections? Help students gain exposure to LM resources and settings? Inspire your community? Be clear on your purpose and overall vision!

## APPLY FOR FUNDING

Consider applying for institutional or ACLM funding for your event.

## CONSIDER A VIRTUAL GUEST SPEAKER

Virtual discussion with a Lifestyle Medicine pioneering leader or an ACLM Trainees representative.

## SEEK SUPPORT

You have a team of support from the ACLM Trainees Executive Board! Contact us via email or social media with questions, concerns, or for more ideas! We can also help you find LM representatives in your area!

## SHOW OFF YOUR EVENT!

The ACLM Trainees want to show off your hard work! Post photos on your social media, and tag us! There is also a field on the LMIG Event Documentation survey which allows you to opt-in to sharing your event on our social media platforms and monthly Trainee newsletters.



# EVENT HOSTING & LMIG ACTIVITY IDEAS

## 1. CONSIDER ASKING YOUR FACULTY ADVISOR OR A PROVIDER AT YOUR SCHOOL TO GIVE A BRIEF TALK OR PRESENTATION

Ideas utilizing ACLM resources:

- Request a guest lecture from an [ACLM Thought Leader](#)
- Present using the “Intro to Lifestyle Medicine Slide Deck” \*

Additional Introduction to Lifestyle Medicine Series PowerPoint Presentations:

- Nutrition, Exercise and/or Behavior Change Slide Decks \*
- Present the Lifestyle Medicine Competencies (in LM Article Library)
- Present the AHA statement on Lifestyle Medicine and Medical School
- Virtually attend an upcoming or watch a past [ACLM webinar](#)

*\* All slide decks available at [lifestylemedicine.org/lmig](https://lifestylemedicine.org/lmig)*

## 2. HOST A FOOD/ RECIPE DEMO

Keep recipes simple and easy to follow and include nutrition information in regards to what nutrients the food provides and benefits. Ideas may include:

- |                             |                                     |                                     |
|-----------------------------|-------------------------------------|-------------------------------------|
| • Herb/spice blend workshop | • Veggie pizza on whole grain dough | • Energy bites (dates, oats, seeds) |
| • Meal-prep workshop        | • Cooking with tempeh/tofu          | • Tabbouleh, hummus, mujadra        |
| • Overnight oats            | • Lentil/ potato stew               | • Veggie sushi roll                 |
| • Rainbow salad             | • Stir fries                        | • Oil-free sauces and dressings     |
| • Banana Nicecream          | • Avocado pudding                   |                                     |

Apply for a [Taste of Lifestyle Medicine](#) grant for your plant-based event.

### 3. PLAN A MONTHLY SERIES OF LUNCH TALKS

Plan talks on lifestyle-related topics such as exercise, nutrition, and lifestyle treatments of chronic disease with healthy food provided. It may also be advantageous to schedule a meeting before or after the talk to make better use of time. Lunch talk ideas:

- Importance of physician health in counseling patients on healthy habits
- Importance of LM in addressing the chronic disease epidemic
- Lifestyle Medicine in clinical practice
- Exercise and its positive impact on the body
- Exercise and brain function
- Motivating your patients to move
- Patient panel discussing experiences with overcoming illnesses through Lifestyle Medicine
- Patient-doctor physical activity partnership
- Positive psychology and wellness coaching techniques
- Current diets, how are they different and what does the data show
- How plant foods protect against disease and promote health
- Present webinars or videos from NutritionFacts.org
- Behavior change principles (Transtheoretical Model of Change, Motivational Interviewing, Coaching Conversations, the Coach Approach)
- Blue Zones
- Invite nutritionists, personal trainers, or any other health professionals to discuss their role in Lifestyle Medicine
- Possible national expert speakers for a keynote level audience: Email [ACLMTrainees@lifestylemedicine.org](mailto:ACLMTrainees@lifestylemedicine.org) if you have questions about arranging for one of these speakers to your school

***ACLM Thought Leader presentations are available upon [request](https://lifestylemedicine.org/thought-leaders).***  
***<https://lifestylemedicine.org/thought-leaders>***

## 4. CONNECT WITH YOUR COMMUNITY

The key to hosting a community service event is to investigate what opportunities are available in your area. Ideas may include:

- Host a workout, yoga workshop, or walk-a-thon
- Host a meditation/ journaling/ stress management workshop
- Table a local event + pass out LM handouts and healthy recipes
- Host a Walk With a Doc event

Organize a Walk with a Future Doc (WWAFD) program: WWAFD is specifically designed for medical students and future healthcare professionals to encourage physical activity and community. The WWAFD program is designed to be both simple and sustainable to help you, the Walk Champion, hit the ground walking! Learn more at [walkwithadoc.org/futuredoc](http://walkwithadoc.org/futuredoc). Scholarship opportunities available at [walkwithadoc.org](http://walkwithadoc.org).

- Work with a local youth/ adult shelter
- Connect with local YMCA programs (for youth and adult)
- Plant-based café events
- Library lectures
- Get involved in after-school wellness programs at local public schools
- Farm to school, horticulture or 4-H programs
- Volunteer at race medical tents
- Smoking cessation events
- Alcoholics/Narcotics Anonymous meetings

***Note: One community-oriented event is required per year!***

## 5. COORDINATE LECTURES WITH PRECLINICAL CURRICULUM

For example, if the block is endocrinology or cardiology, chose a speaker that can share the impact of Lifestyle Medicine on disease processes targeted in these fields.

## 6. INVITE PROFESSIONALS AND FACULTY

Invite faculty at your school who practice Lifestyle Medicine or local, certified ABLM/ACLM LM physicians or professionals to share their experiences or give a talk on a lifestyle-related topic of their expertise. This can be a live talk or a webinar (for speakers in non-local locations).

## 7. START A JOURNAL CLUB OR HOST A PANEL DISCUSSION

Speak with expert faculty on a popular or controversial topic. Journal club is a great way to review landmark studies in Lifestyle Medicine. We recommend partnering with other like-minded organizations on campus. Then, choose one student each week to lead journal club with an overseeing faculty. The strongest journal club presentations evaluate each section of the paper and discuss the strengths and weaknesses of the paper. Also, be sure to highlight how the study can be further studied or applied to current practice. Faculty advisors may be able to advise on topic and panel member selections.

Literature Ideas can be found in the ACLM Bookstore's [\*Dynamic Dozen\*](#) section.

Article ideas can be found in the LMIG Resource Center's Article Library and in the [\*"Scientific Evidence"\*](#) section of the ACLM website.

## 8. CONNECT WITH A LOCAL LM PHYSICIAN/HEALTH PROFESSIONAL

Organize visits/ trips to a Lifestyle Medicine practice to get a firsthand look at day in the life of a Lifestyle Medicine provider.

## 9. GROUND ROUNDS

Invite expert LM practitioners to give a Grand Rounds at your institution in the various departments as the relevance of the topic allows.

## 10. HOST A DISCUSSION

Host a discussion on the importance of Lifestyle Medicine in health professional student curriculum and in clinical practice.

## 11. LMIG CONFERENCE

Host a Lifestyle Medicine Interest Group (LMIG) conference. Activities may include workshops on motivational interviewing and writing exercise prescriptions or lectures on nutrition and exercise.

## 12. SNACKS

Offer free healthy snacks for studying. Serve them in a common room available to all students or in academic community rooms with informational brochures about your group. **Apply for a [Taste of Lifestyle Medicine grant](#) to fund your plant-based snacks.**

## 13. LM WEEK

Participate in LM week by resharing ACLM social media posts, incorporate Lifestyle Changes, and by showing documentary films.

## 14. 5K RUN

Organize a 5K for your school to promote wellness locally and generate awareness of your group on campus.

## 15. LMIG BOOTH

If your school holds an annual Activities Fair, sign up for a booth and set-up with the following:

- Healthy snacks such as fresh fruit, nuts, roasted beans, air popcorn etc.
- Copies of the “Lifestyle Medicine Resources” sheet
- A computer to encourage ACLM student/trainee membership sign up for only \$55.00



## 16. ATTEND THE CONFERENCE

Talk to student-members about the annual ACLM conference and share ways that they can attend with funding from the ACLM Leadership Grants, school-based travel scholarships or fundraising efforts.

Visit: <https://lifestylemedicineconference.org/>

## 17. MOVIE NIGHT IDEAS

- Forks Over Knives
- Code Blue
- Fed Up!
- The Game Changers
- Escape Fire
- Weight of a Nation
- Food Inc.
- What the Health?
- Plant Pure Nation
- Food Matters
- Super Size Me!
- [Alternate Route](#)

# IDEAS FOR VIRTUAL EVENTS

## GUEST SPEAKERS

Examples could include: clinicians, researchers, [Thought Leaders](#), etc.

## DOCUMENTARY SCREENINGS

Play a documentary and share your screen

## COOKING DEMOS

Teach healthy cooking virtually from your own kitchen using ideas from the [ACLM Culinary Medicine Curriculum](#). *Apply for a [Taste of Lifestyle Medicine](#) grant to fund your virtual cooking event!*

## STUDENT LED DISCUSSION

Focus on Lifestyle Medicine pillars, review of the latest research and practices, etc.

## YOGA OR FITNESS CLASS

Student or professionally guided

## BOOK CLUB

Discuss new scientific literature or [Dynamic Dozen books](#) with your LMIG.

# IDEAS FOR MENTORING

- Host a career session to expose students to the ways in which they can include Lifestyle Medicine into primary care fields and other specialties
- Organize a networking reception with students, faculty and residents who practice LM or have an interest. This is a great way to start building community and getting connected
- Connect with local and national mentors via the Membership Directory
- Discuss post-graduate training opportunities to explore careers in Preventive and LM
- Join an [ACLM Member Interest Group](#)



# IDEAS FOR VOLUNTEERING

- Offer to give a talk at an elementary school, middle school, and high school on one of the pillars of Lifestyle Medicine. Check web based educational resources on ACLM's website
- Organize a community screening of a Lifestyle Medicine-related documentary such as "Forks Over Knives", "Game Changers" or "Code Blue"
- Organize cooking classes at your local community center or with your medical school affiliated Free Clinic utilizing the [ACLM Culinary Medicine Curriculum](#)

# IDEAS FOR CLINICAL SKILLS DEVELOPMENT AND LEARNING OPPORTUNITIES

## POLL INTEREST

Poll students to gain information about interest in LM skills that could be organized as a workshop.

## STUDENT PANEL

Host a patient panel with patients who have significantly benefited from lifestyle changes. Contact Lifestyle Medicine practitioners in the area who can identify patients who would be willing to share their stories. You can also contact Lifestyle Medicine practitioners in other areas and organize a remote panel discussion with patients. Consult the ACLM website to find LM practitioners: ([Membership Directory](#))

## WORKSHOP

Organize a clinical skills workshop on:

- Motivational Interviewing
- Writing an exercise or nutrition prescription
- Culinary Medicine
- Efficient dietary and physical activity history taking
- Counseling patients in primary care



# SOURCES OF FUNDING

- Student Affairs Office / Dean's Office
- Departmental educational funds
- Individual benefactors
- Local physicians
- Local professional societies
- Local health-related companies (sneaker companies, active-wear companies, sports companies, health-food companies, health-food stores and supermarkets)
- Fundraisers (t-shirts, bake sales)
- Dues may be considered

## ACLM SCHOLARSHIP OPPORTUNITIES

### *Taste of lifestyle Medicine Grant*

ACLM is excited to offer funding for all students and faculty members on medical, health professional, and undergraduate US campuses to host Lifestyle Medicine educational events, study sessions, documentary viewings, and campus gatherings with plant-based meals or snacks through the Taste of Lifestyle Medicine micro-grants. These \$50-250 grants are easy to apply for and can be awarded up to four times per year. So get creative, plan your next series of events, and let us pick up the tab!

### *Trainee Leadership Award*

The Trainee Leadership Award is given to outstanding trainees and covers the cost of attendance to the ACLM's annual conference and is awarded by the ACLM Trainee executive board.

### *Donald A. Pegg Award*

The Donald A Pegg award is given to outstanding student leaders who commit to advancing the field of Lifestyle Medicine through the establishment of a Lifestyle Medicine Interest Group (LMIG) at their educational institution and provides seed funding for the establishment or enhancement of a LMIG and an opportunity for applicant to attend the ACLM annual conference. Eligible applicants include bachelors students, medical students, and masters or doctoral students.

# CONCLUDING REMARKS AND CONTACT INFORMATION

The ACLM is committed to help support and train the next generation of LM physicians and healthcare professionals. Please contact us at **lmig@lifestylemedicine.org** or **trainees@lifestylemedicine.org**.

## JOIN US!

The ACLM hosts an annual, national conference. This is one of the most exciting ways to become engaged in the field of Lifestyle Medicine as a trainee.

Come connect with colleagues and hear from LM visionaries to learn about current, evidence-based LM practices.

Find out more at [lifestylemedicineconference.org](https://lifestylemedicineconference.org)





AMERICAN COLLEGE OF  
**Lifestyle Medicine**  
TRAINEES

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