



# LMRC

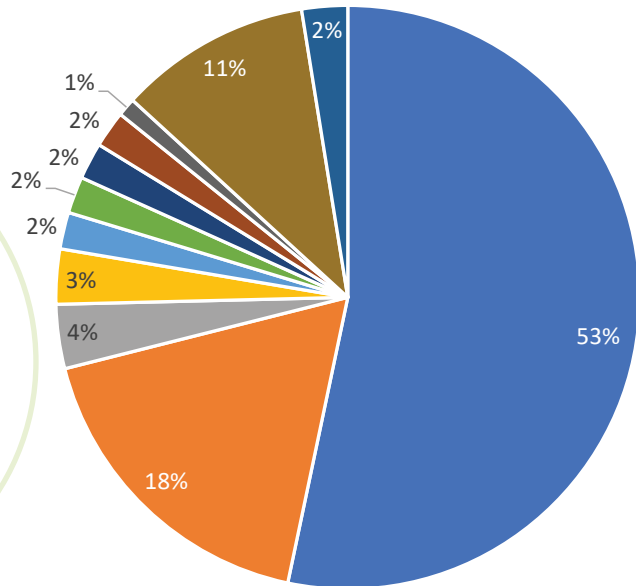
Lifestyle Medicine  
Residency Curriculum



The **Lifestyle Medicine Residency Curriculum (LMRC)** is a comprehensive, applicable, and flexible virtual curriculum that prepares residents to make evidence-based, lifestyle behavior interventions. Upon completion of the education and practicum components, residents qualify to sit for the American Board of Lifestyle Medicine (ABLM) certification exam.

In 2022, 99 residency sites and 204 residency programs and fellowships are implementing the Lifestyle Medicine Residency Curriculum—reaching over 5,440 enrollees across the United States and Canada.

## Types of Programs Implementing the Lifestyle Medicine Residency Curriculum in 2022



- Family Medicine
- Internal Medicine
- Preventive Medicine
- Physical Medicine & Rehabilitation
- Occupational Medicine
- Psychiatry
- Pediatrics
- Obstetrics & Gynecology
- Emergency Medicine
- Fellowships
- Other

A collaborative initiative of



Learn more and apply to implement the LMRC at [lifestylemedicine.org/lmrc](https://lifestylemedicine.org/lmrc)  
Questions about the LMRC? Contact [LMRC@lifestylemedicine.org](mailto:LMRC@lifestylemedicine.org)

The LMRC consists of both educational and practicum components. Its educational component includes 40 hours of interactive virtual didactic material along with 60 hours of application activities designed to be completed over a one- to three-year time period. The practicum component includes 400 lifestyle medicine-related patient encounters, 20 hours of intensive therapeutic lifestyle change (ITLC) program experience and 20 hours of group facilitation experience.

**Module 1:** Introduction to Lifestyle Medicine

**Module 2:** Provider's Self-Care and Influence on Community Wellness

**Module 3:** Nutrition in Chronic Disease: Prevention, Treatment, & Remission

**Module 4:** Physical Activity Science and Prescription

**Module 5:** Sleep Health Science and Interventions

**Module 6:** Substance Use Disorders: Prevention, Diagnosis and Treatment

**Module 7:** Fundamentals of Health Behavior Change

**Module 8:** Key Clinical Processes in Lifestyle Medicine

**Module 9:** Emotional and Mental Well-being

**Module 10:** The Role of Positive Psychology

Topic	Requirements*	Comments
Lifestyle Medicine approach in inpatient or outpatient clinical care settings	400 patient encounters	Address the six pillars of lifestyle medicine in clinical care: nutrition, physical activity, sleep, stress management/emotional resilience, substance abuse, and connectedness
Nutritional assessments and interventions	40 patient encounters	Food recall, nutrient analysis, percent body fat, and nutrition prescriptions
Physical activity assessments and interventions	40 patient encounters	Activity diaries, exercise capacity assessments, and exercise prescriptions
Emotional and mental wellbeing, sleep, and connectedness assessments and interventions	40 patient encounters	Stress and sleep assessments, depression/anxiety/mental health screening, monitor/improve heart rate variability, mindfulness, meditation, spirituality and emotional well-being activity prescriptions, and referral to resources
Tobacco and toxic substance assessment, brief intervention, and referral training	30 patient encounters	Smoking assessments, chemical and toxic exposure assessments, abstinence prescriptions, screening and brief intervention, and indications for referral
Interpersonal and community communication skills, practice-based learning and improvement, systems based practice, and leadership in policy and community	not designated	Public relations campaigns, media campaigns, policy development and change, health system change, communication of risks vs. benefits, and family, and community engagement
Intensive Therapeutic Lifestyle Change (ITLC) programs**	20 hours	Participation and/or observation in group programs such as Pivio, Ornish program, McDougall program, Diabetes Undone, Diabetes Prevention Program and Canyon Ranch
Support or coaching group facilitation	20 hours	Group observation, recording, and facilitating – this may occur at the same time or separately from an ITLC program

\* A tracking system for patient encounters and hours is provided.

\*\* ITLC activities must address prevention, treatment, and reversal of chronic disease process.