



American College of
Lifestyle Medicine

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SCHOOL of COACHING

Lifestyle Medicine for Coaches: Overview and Faculty

Title	Topics	Faculty
Lifestyle Medicine – Part 1	An introduction to Lifestyle Medicine in workplace settings and clinical practice and the importance of integrating health coaches into worksite health promotion and clinical settings.	Dexter Shurney, MD, MBA, MPH, FACLM President-elect, American College of Lifestyle Medicine
Lifestyle Medicine – Part 2	A look at the big picture of Lifestyle Medicine and recommendation for integrating “Feet, Forks, Fingers, Stress, Sleep and Love” to develop a healthy lifestyle.	Amanda McKinney, MD, FACLM, FACOG Board Member, American College of Lifestyle Medicine
Lifestyle Medicine – Part 3	Gain general knowledge about healthy living so you can identify and discuss these various topics. Locate valuable resources and tools using the CDC and NIH.	Christina Lombardo, MCC, CPHWC, CPC, MA, NBC-HWC
Basic Biometrics	Introduction to standard ranges of common biometric screenings in the areas of blood pressure, body mass index (BMI)*, fasting glucose, Hemoglobin A1c (HgbA1c), and lipid panels such as high-density lipoproteins (HDL), low density lipoproteins (LDL), total cholesterol and triglycerides.	Beth Peller, RN, CPHWC, NBC-HWC



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Health and Lifestyle Diseases	Preventing Death, Preventing Disability, Healthy People 2020	Michael Greger, MD, FACLM Founding Board Member, American College of Lifestyle Medicine
Active Living: Physical Activity and Functional Fitness	Explores the relationship between physical activity and health with an introduction to the concept that Exercise is Medicine. Identify the types of motivation that lead to increased activity. Examines options and variations to increase and maintain physical activity, despite barriers. Looks at the perceptions of required effort related to physical activity.	Mark Faries, PhD, FACLM Former Board Member, American College of Lifestyle Medicine
Nutrition Basics	Identify the three main categories of macronutrients. Appreciate that fundamental knowledge of nutrition is important to understand, but that coaching is most effective when focused on food rather than nutrient.	Michelle Hauser, MD, MS, MPA, FACLM, Chef Board Member, American College of Lifestyle Medicine



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Emotional Wellbeing and Resiliency	Understand the physiology and patterns of stress and its impact on health behavior changes. Understand depression as a comorbidity for diabetes and coronary artery disease. Understand the role of emotional well-being in leading a healthy lifestyle and vice versa. List at least three lifestyle elements and behaviors that improve emotional well-being, including finding life meaning and purpose. Identify effective mind-body practices that support positive mental health and resilience. Describe emotional intelligence as an important factor in healthy management of relationships. Apply tools that support emotional awareness, agility and resilience in clients.	Liana Lianov, MD, MPH, FACLM Past-president, American College of Lifestyle Medicine
Positive Psychology and Health	Define positive psychology more clearly and accurately. Explain the impact of psychological wellbeing on other health behaviors and outcomes. Begin integrating PERMA into your wellness habits and programming to achieve greater flourishing.	MJ Shaar, MAPP
Substance Use and Addictions	Provide the tools to perform evidence-based screening and intervention for tobacco, alcohol, other drug use, and depression.	Mike Pantaloni, PhD



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Sleep Health	Define optimal sleep through both quality and quantity. Dispel myths about sleep as well as disruptors of sleep and their health consequences.	Param Dedhia, MD
Brain Health	How evidence-based lifestyle medicine can prevent and reverse memory loss in Alzheimer's disease.	Wes Youngberg, DrPH, MPH, CNS, FACLM Founding Member, American College of Lifestyle Medicine
Shared Decision Making	Introduce the key concepts and benefits of shared decision making (SDM). Learn how to conduct a SHARE-model SDM conversation.	Beth Peller, RN, CPHWC, NBC-HWC
Interpreting Research: Sorting Fact from Fiction	Identify various types of research processes. Understand how to find and read coaching research with an appreciation for how research can help coaching profession.	Gary Sforzo, PhD