

LMMSC Application Activity Overview

LMMSC Application Activities (60 hours)	
Prescribed (40 hours)	Flexible (20 hours)
Select from a menu of LMMSC-designated, module-specific activities that may be completed independently or collaboratively with other LMMSC participants (1:1 application activity hour to virtual didactic unit)	Pursue faculty-approved learning opportunities pertaining to lifestyle medicine (including those offered through your training program) to further prepare for clinical practice and the ABLM certification exam

Prescribed Application Activities

LMMSC participants must complete **40 hours** of **prescribed application activities**. The number of prescribed application activity hours required per module correlates directly with the number of virtual didactic units included within the module. For example, LMMSC Module 1 contains three virtual didactic units, so three prescribed application activity hours are required. Prescribed application activities may be completed asynchronously from the virtual didactic units, though concurrent completion would reinforce module content.

	Virtual Didactic Units	Prescribed Application Activities	Flexible Application Activities
Module 1	3	3 hours	20 hours
Module 2	2	2 hours	
Module 3	10	10 hours	
Module 4	6	6 hours	
Module 5	3	3 hours	
Module 6	3	3 hours	
Module 7	4	4 hours	
Module 8	3	3 hours	
Module 9	4	4 hours	
Module 10	2	2 hours	
TOTAL	40 units	40 hours	20 hours
		60 hours	

The menu of prescribed application activities included with each module provides experiential opportunities for LMMSC participants to engage with lifestyle medicine concepts on a personal level, through implementation and reflection, as well as to promote additional



exploration and discussion in collaborative, group-oriented settings (e.g., residency program-sponsored events/meetings, resident-led gatherings, etc.). LMMSC participants are encouraged to select activities from the LMMSC-designated, module-specific options provided that fit their learning needs and interests. The LMMSC requirement for prescribed application activities may be satisfied through a combination of both **independent** and **collaborative** activities, though at least 1 hour of group collaboration for each module is strongly encouraged.

Please note that each prescribed application activity has a designated time allocation, which may be discrete (e.g., Credit = 1 hour) or variable (e.g., Credit = up to 2 hours). LMMSC participants are responsible for tracking completion of required prescribed application activities for each module, including time spent rounded to the nearest half hour, and then submitting documentation of the completed activities through the online LMMSC learning management system.

Flexible Application Activities

LMMSC participants need to complete **20 hours** of **flexible application activities** that reinforce content covered throughout LMMSC Modules 1–10. The flexible application activities requirement allows LMMSC participants to tailor individual learning opportunities to pursue specific interests within the field of lifestyle medicine and to bolster certification exam preparedness. Suitable flexible application activities include:

- Participation in existing lifestyle medicine-related residency/fellowship program activities (including lectures, workshops, etc.) that do not otherwise align with LMMSC prescribed application activity descriptions (pending approval from program site lead)
- Use of the [Lifestyle Medicine 101 Curriculum](#) or the [Lifestyle Medicine Teen Curriculum](#) to teach foundational principles of lifestyle medicine to general audiences in various community and academic settings (up to 10 hours)
- Establishment of or leadership activities within a [Lifestyle Medicine Interest Group](#) at your residency program or affiliated medical school (up to 5 hours)
- Completion of [American College of Lifestyle Medicine \(ACLM\)-sponsored continuing medical education \(CME\) courses](#) (up to 10 hours)
- Completion of [Plantrician University](#) courses (up to 5 hours)
- [ACLM annual conference](#) attendance, either in person or virtually (up to 10 hours)
- Completion of prescribed application activity hours in excess of the module-specific prescribed requirement, which may be applied toward the flexible requirement
- Completion of additional LMMSC modules as they are developed in various specialty areas (e.g., pediatrics, women's health, intensive therapeutic lifestyle change [ITLC] programs, etc.)



Flexible application activities will vary in the amount of time needed for completion. LMMSC participants are responsible for tracking completion of required flexible application activities, including time spent rounded to the nearest half hour, and then submitting documentation of the completed activities and any associated assignments through the online LMMSC learning management system.

