

## LMMSC Module 1 Prescribed Application Activity Guide

You are required to complete **3 hours** of prescribed application activities for **LMMSC Module 1, Introduction to Lifestyle Medicine**. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

### / COLLABORATIVE /

#### Discussion of Virtual Module 1 Content (Credit = up to 1 hour for every 2–4 units covered)

*Collaborative*

M1U1, M1U2, M1U3

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

#### Module 1 Journal Club (Credit = up to 1.5 hours per journal article)

*Collaborative*

M1U1, M1U2, M1U3

- Activity: Faculty or learners may lead a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (so long as they are topically relevant). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.



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- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

### Lifestyle Medicine Treatment Triangle (Credit = up to 1 hour)

*Collaborative*

M1U1

- Activity: The Lifestyle Medicine Treatment Triangle (LMTT), as developed by Dr. Marc Braman, can be a useful tool for explaining the role of lifestyle medicine within the context of other medical treatment modalities. Use the LMTT resource provided at the end of this document to describe the four levels of the LMTT (lifestyle, physiology, prescription, and surgery) and explain the role and importance of lifestyle medicine-based interventions to four individuals (at least two of whom must be patients).
- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) about how the LMTT paradigm works for explaining the role of lifestyle medicine-based interventions to patients and colleagues.

*/ COLLABORATIVE OR INDEPENDENT /*

### "Code Blue" Documentary (Credit = 2 hours)

*Collaborative or Independent*

M1U1, M1U2, M1U3

- Activity: Watch Dr. Saray Stancic's documentary [Code Blue](#) (01:37:00).
- Submission: Upload a reflection (~1 paragraph) in response to the documentary, with particular attention to your perception of the current deficits of the US healthcare system and how lifestyle medicine-oriented interventions seek to promote health restoration for patients and communities.



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### Leveraging Celebrity and Influencer Voices for Lifestyle Medicine (Credit = up to 1 hour)

*Collaborative or Independent*

M1U1, M1U2, M1U3

- Activity: Review health and wellness-related social media content from three to five celebrities or influencers with diverse cultural backgrounds. Consider how this social media messaging may or may not reflect the [six pillars of lifestyle medicine](#).
- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) in response to the social media content reviewed. Identify ways in which influencers may optimize messaging to reflect the pillars of lifestyle medicine.

### Landmark Studies in Lifestyle Medicine (Credit = up to 2 hours)

*Collaborative or Independent*

M1U2

- Activity: Review the timeline for landmark studies in lifestyle medicine as presented in LMMSC Module 1 Unit 2 (section: “The Evidence for Lifestyle Interventions”). Collect the abstracts (or full articles if available) for each study and use these materials to develop an overview of study outcomes and their implications on the field of lifestyle medicine. Create a study guide or flash cards that can be used for future reference/preparation for the lifestyle medicine board examination. *\*Consider using these landmark studies for journal club discussions.*
- Submission: Attest to completion (including date and actual time spent) and upload the completed study materials (Word/PDF document or picture).

### Building Health Equity Through Lifestyle Medicine and Community Assessment (Credit = up to 1 hour)

*Collaborative or Independent*

M1U3

- Activity: Read (and discuss) the article “[Building Health Equity: Action Steps From the American College of Lifestyle Medicine’s Health Disparities Solutions Summit \(HDSS\)](#).” Characterize your community/patient population, considering demographics such as age, gender, ethnicity, income, education, access to healthcare, etc. If you were developing a program to introduce lifestyle medicine to your community, what demographic factors would you need to consider? How might you address barriers to program implementation? How might you effectively communicate the need for



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community-based, lifestyle medicine-focused interventions to government or institutional leaders?

- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) in response to the article and address the prompts outlined above.

### Improving Care for Patients Who Are Overweight or Obese (Credit = up to 1 hour)

*Collaborative or Independent*

M1U3

- Activity: Read (and discuss) the article "[Ending the Stigma: Improving Care for Patients Who Are Overweight or Obese](#)." Review two or three of the additional resources for creating a bias-free clinic listed in the article. Share how this article and the supporting resources may have challenged you to adjust your approach to patients or clinical practice, if at all. Identify potential opportunities in your current practice setting or protocols to "create a welcoming environment" for individuals who are overweight or obese.
- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) in response to the article and additional resources reviewed and address the prompts outlined above.

### / INDEPENDENT /

### Lifestyle Medicine Primer: Making the Case for Lifestyle Medicine (Credit = up to 0.5 hours)

*Independent*

M1U1, M1U2

- Activity: Review the following article from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
  - "Making the Case for Lifestyle Medicine"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through your reading.



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Lifestyle Medicine Primer: Social Determinants of Health (Credit = 0.5 hours per article, up to 1 hour total)

Independent

M1U3

- Activity: Review the following articles from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice*:
  - "Optimizing Health and Well-Being: The Interplay Between Lifestyle Medicine and Social Determinants of Health"
  - "The Call for Lifestyle Medicine Interventions to Address the Impact of Adverse Childhood Events"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight per article.

Dr. Braman's Lifestyle Medicine Treatment Triangle (LMTT)

## WHOLE HEALTH - TREATMENT

