

# Lifestyle Medicine Certificate

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Lifestyle Medicine is the use of evidence-based lifestyle therapeutic interventions that include: a) whole-food, plant-predominant eating patterns, b) regular physical activity, c) restorative sleep, d) stress management, e) avoidance of risky substances, and f) positive social connection.

These six pillars, when delivered by clinicians trained and certified in this specialty, act as a primary modality to prevent, treat, and often reverse chronic disease. Lifestyle medicine-certified clinicians are trained to apply evidence-based, whole-person, prescriptive lifestyle change to treat and, when used intensively, often reverse such conditions. Almost all clinical guidelines for chronic diseases first recommend lifestyle changes, but making lifestyle changes is challenging. Lifestyle Medicine training equips healthcare professionals to help their patients with chronic diseases and provide them with the best chance of optimal health.

*Electives COH 5610, 5611, and 5612 could be added during the second year, as desired by the student.*

## First Year

Fall	Credits	Spring	Credits	Summer	Credits
COH 5501	1	COH 5503	1	COH 5602	
COH 5502	1	COH 5601	1	COH 5603	1
	2		2		1

## Second Year

Fall	Credits	Spring	Credits	Summer	Credits
COH 5604	1	COH 5606	1	COH 5608	1
COH 5605		COH 5607	1	COH 5609	1
	1		2		2

**Total Credits: 10**