

Lifestyle Medicine for Coaches



Description

As much as 85 cents of every dollar spent on health care in the United States pays for the treatment of conditions rooted in poor lifestyle choices. This 21.5-hour e-course provides an in-depth overview of the leading lifestyle medicine topics. This course addresses the need for quality education and credentialing while supporting coaches in their individual practices or as part of a multidisciplinary team in their collective desire to promote lifestyle medicine as the primary treatment of choice. Coaches will gain an understanding of the whole human health experience and become effectively trained to educate, equip and empower their clients with lifestyle choices to prevent, treat and, often, even reverse chronic and select autoimmune disease.

Format

The course includes 21.5 hours of self-paced content, in the form of videos, questions for reflection, and journal prompts. It is divided into six sections, each followed by a knowledge assessment, to aid the student in digestion and application of the learning. To earn a “Certificate of Attendance”, students must view each of the lessons in full, and complete the six knowledge assessments with 80% accuracy.

Pricing

Non-Member	Member
\$395	\$316

lifestylemedicine.org/education

Learning Objectives

- Outline Lifestyle Medicine in workplace settings and clinical practice and the importance of integrating health coaches into worksite health promotion and clinical settings.
- Locate valuable resources and tools using the CDC and NIH.
- Name standard ranges of common biometric screenings.
- Identify strategies for preventing death and disability.
- Examine 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.
- Explore options and variations to increase and maintain physical activity, despite barriers.
- Identify the three main categories of macronutrients.
- Understand the physiology and patterns of stress and its impact on health behavior changes.
- List at three lifestyle elements and behaviors that improve emotional well-being, including finding life meaning and purpose.
- Define positive psychology and the impact of psychological wellbeing on other health behaviors and outcomes.
- Provide the tools to perform evidence-based screening and intervention for tobacco, alcohol, other drug use, and depression.
- Define optimal sleep through both quality and quantity.
- Describe evidence-based lifestyle medicine can prevent and reverse memory loss in Alzheimer's disease.
- Introduce the key concepts and benefits of shared decision making (SDM).
- Identify various types of research processes and how to read coaching research
- Explain healthy at home culinary behaviors.
- Build mental health literacy with a foundational of knowledge in mental health diagnosis.

Outline

1. Lifestyle Medicine: Introduction, integration into health care and resources
2. Basic Biometrics
3. Health and Lifestyle Diseases (Preventing Death and Disability)
4. Active Living: Physical Activity and Functional Fitness
5. Culinary Medicine: Basic Nutrition
6. Emotional Well-being and Resiliency
7. Positive Psychology and Health
8. Substance Use and Addictions
9. Sleep Health
10. Brain Health
11. Shared Decision Making
12. Interpreting Coaching Research
13. Coaching for Culinary Medicine
14. Mental Health Literacy



LMC Certificate

If you are a Certified Wellcoach® through Wellcoaches, or have earned the “National Board Certified - Health and Wellness Coach” (NBC-HWC) designation from NBHWC, you may earn the “Lifestyle Medicine Coach” (LMC) Certificate upon course completion. If you are not a Certified Wellcoach, or an NBC-HWC, you will earn a “Certificate of Attendance” following course completion.

Audience

Allied Health and Medical professionals - Life Coaches, Health & Wellness Coaches, Exercise Professionals, Behavioral Health Professionals, Nurses, Physicians, Corporate Wellness Professionals

Accreditation

AAFP [American Academy of Family Physicians]

This Enduring Material activity, Lifestyle Medicine for Coaches, has been reviewed and is acceptable for up to 18.00 Elective credit(s) by the American Academy of Family Physicians. AAFP certification begins 06/01/2018. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACSM [American College of Sports Medicine]

21.5 Continuing Education Credits (CECs) toward ACSM recertification. The American College of Sports Medicine’s Professional Education Committee certifies that Wellcoaches Corporation meets the criteria for official ACSM Approved Provider Status. Successful completion requires the completion and submission of Course Feedback Survey.

NBHWC [National Board for Health and Wellness Coaching]

This CE course is approved by NBHWC for 21.5 continuing education units.

WELLCOACHES

Wellcoaches Certified Coaches will receive 21.5 CE’s for recertification. Successful completion requires full completion of the course and submission of Course Feedback Survey.



wellcoaches®

