

SPECIAL INVITATION

Enhancing Medical Education with Lifestyle Medicine

PROGRAM	IFM grant-funded project through <u>Ardmore Institute of Health</u> .
DATES	June 2025 – May 2026
BENEFITS	Supplement existing curricula with award winning course content
INVESTMENT	Minimal lift and FREE to participate

PROJECT SUMMARY

- The Institute for Functional Medicine’s (IFM) grant-funded project, **Enhancing Medical Education with Lifestyle Medicine**, is a pilot project for infusing fundamental knowledge about the influence and impact of positive behavior change into traditional medical education.
- IFM offers its award-winning wellness program, [Lifestyle: The Foundations of Functional Medicine](#), to a diverse subset of academic organization members.
- Ideally, 45-60 students at each institution will complete the course and its follow-up survey.
- Six hours of continuing medical education (CME) credit is available for \$30/participant.
- Course may be instructor-led or participation may be optional and student-initiated.
- Expected outcomes include significant improvements in biometrics, quality of life, and a reduction in risk factors for chronic disease.
- Post-course survey data reflecting changes in knowledge, engagement, and practical application will assess quality of both process and content.

LEARN MORE!

Visit [IFM’s website](#) to discover how IFM continues to ensure the widespread adoption of functional medicine.

- [IFM Academic Partnerships](#)
- [Official Ardmore Institute of Health Announcement](#)

Please direct any questions to [Kristin Holschbach](#), Scholarships and Contributions Manager.

LIFESTYLE: THE FOUNDATIONS OF FUNCTIONAL MEDICINE

This course provides interactive modules that address the six primary lifestyle factors: sleep, exercise, nutrition, stress, relationships and behavior change. Content equips students with the information and strategies needed to confidently and successfully guide patients, families, and communities toward impactful and sustainable change. The interactive format builds clinical insight and tactical skills to design personalized lifestyle interventions that address the root causes of chronic disease. Guiding patients toward meaningful, sustainable changes in their health-related behaviors can significantly optimize well-being and help reduce risk of future disease, disability, and death. Course materials are available for a full six months.

The program includes:

- Over six hours of interactive material divided into easy-to-navigate, topical segments
- Access to a selection of downloadable patient handouts and customizable food plans
- Strategies for guiding patients through the stages of sustainable lifestyle change

The course's key objectives are:

- Key foundational information about the impact of lifestyle—including sleep and rest; exercise and movement; nutrition; relationships; stress management; and behavior modification—on health and well-being.
- How to design lifestyle interventions that appropriately address the root causes of chronic conditions and dysfunction.
- Tools and techniques to personalize lifestyle interventions and meet each patient where they are.
- How to improve patient engagement with lifestyle treatments and the important factors in making lifestyle changes sustainable, improving their resulting outcomes.

Lifestyle Toolkit Assets by Chapter:

Functional Medicine and Systems Biology

IFM - Functional Medicine Tree.pdf

Lifestyle Patterns

24 Hour Lifestyle Timeline.pdf

Lifestyle Questionnaire.pdf

Evidence and Tools for Clinical Interventions – Sleep

Effects of Poor Sleep.pdf

Sleep Questionnaire.pdf

Mindfulness for Insomnia and Sleep Disorders.pdf

Suggestions for Better Sleep.pdf

Evidence and Tools for Clinical Interventions – Stress

Effects of Chronic Stress.pdf

Breathing Techniques to Soothe the Soul.pdf

Cultivating Self-Awareness and Mindfulness.pdf

Meditation - How to Get Started.pdf

Mindful Breathing.pdf

Self-Care Questionnaire.pdf

Strategies for Transforming Stress.pdf

Evidence and Tools for Clinical Interventions – Exercise

Effects of Physical Inactivity.pdf

Exercise History Questionnaire.pdf

Exercise Goals and Tracking Journal.pdf

SMART Goals for Exercise.pdf

Exercise Prescription.pdf

Tips to Incorporate Mindful Movement Every Day.pdf

Evidence and Tools for Clinical Interventions – Relationships

Importance of Social Support and Relationships.pdf

Self-Care Questionnaire.pdf

Practicing Gratitude with the IFM Gratitude Journal.pdf



Evidence and Tools for Clinical Interventions – Nutrition

Eating a Balanced Diet.pdf

Micronutrients - Phytonutrients.pdf

Mindful and Intuitive Eating.pdf

Core Food Plan - Comprehensive Guide.pdf

Core Food Plan_Imperial.pdf

The Functional Medicine Lifestyle Prescription

Functional Medicine Lifestyle Planner.pdf

Suggestions for Better Sleep.pdf

The Power of Movement - Living an Active Lifestyle.pdf

Phytonutrient Spectrum Checklist.pdf

Phytonutrient Spectrum - Comprehensive Guide.pdf

Phytonutrient Spectrum Foods.pdf

Strategies for Transforming Stress.pdf

Lifestyle – Essentials of Behavior Change

Functional Medicine Lifestyle Planner.pdf

Goal Setting for Behavior Change.pdf

The Functional Medicine Clinical Model – Timeline

IFM - Timeline_Clinical.pdf

Lifelong Lifestyle Timeline.pdf

Lifestyle – The Functional Medicine Clinical Model – The Clinical Matrix

IFM - Matrix_Clinical.pdf

Lifestyle: The Functional Medicine Clinical Model and Next Steps

IFM - GO TO IT.pdf

Effects of Physical Inactivity.pdf