This course provides a foundation in the theory and clinical application of lifestyle medicine. Lifestyle medicine aims to address the behavioral and lifestyle bases of common illnesses by promoting healthy activities and reducing harmful behaviors. In this course, we will explore optimal nutrition, lifestyle, physical activity, and attitudes. We will examine the emerging evidence base of lifestyle medicine and how it relates to health promotion and disease prevention. Participants will be introduced to common laboratory and imaging findings, and how they relate to optimal health.

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