



Lifestyle Medicine

With the International Consortium for Health & Wellness Coaching National Board Exams beginning this fall, some health and wellness coaches may find that they need more content expertise in the area of lifestyle medicine. In the future, accredited Health Coaching educational programs will be required to contain 15 hours of content in this field, but current transitionally-approved programs have not offered this to all students. Examinees will be held responsible for knowing this content on the exam.

Additionally, other health professionals and community members may have professional or personal interest in learning about how lifestyle factors impact health and wellbeing, and about the current recommendations for optimal behaviors.

The University of Minnesota's Center for Spirituality & Healing is now offering an affordable, fully-online, self-paced Lifestyle Medicine continuing education course that is composed of 4-modules that each include video, readings, and quizzes for self-evaluation. This course is self-paced and may be completed at your convenience. It offers a focused exploration of lifestyle medicine philosophy and applications, and serves either to prepare you for the National Board Certification Exam in Health and Wellness Coaching, or to expand your understanding for personal or professional health care practice.

No graduate credit is available for this course, however, 16 CE contact hours are available. If you are interested in pursuing this course for academic credit, please contact us at csh@umn.edu for more information.

Learn more and register at z.umn.edu/LifestyleMedicine

