American College of Lifestyle Medicine and Wellcoaches Debut Lifestyle Medicine for Coaches Online Course

The American College of Lifestyle Medicine today announced the debut of its Lifestyle Medicine for Coaches online course, in partnership with Wellcoaches Corporation. Certified health and wellness coaches are eligible to earn a Lifestyle Medicine Coach (LMC) credential and become an integral part of a clinical practice team, focused on prevention, treatment and, in some cases, reversal of chronic diseases, by addressing the root-causes of conditions with sustainable lifestyle therapies.

ST. LOUIS (PRWEB) May 30, 2018 -- The American College of Lifestyle Medicine (ACLM) and Wellesley, Massachusetts-based Wellcoaches Corporation today announced that education in lifestyle medicine specific to clinical and worksite settings is now available for health and wellness coaches through the Wellcoaches coach learning platform. Certified health and wellness coaches are eligible to earn the Lifestyle Medicine Coach credential, equipping them to become an integral part of a clinical practice team, focused on prevention, treatment and, in some cases, reversal of chronic diseases, by addressing the root-causes of conditions with sustainable lifestyle therapies. This course delivers an important educational curriculum for health and wellness coaches, ensuring that they are practicing at a high standard and providing evidence-based guidance about their clients’ lifestyle behaviors that impact health outcomes.

The ACLM and Wellcoaches co-branded Lifestyle Medicine for Coaches online course is open to anyone interested in the subject matter, although the opportunity to earn the Lifestyle Medicine Coach credential is exclusive to those who have already earned their core coach Health and Wellness Coach credential through Wellcoaches or the NBC – HWC (National Board-Certified Health and Wellness Coach) by the International Consortium for Health & Wellness Coaching. A “Certificate of Attendance” will be given those who are not a Certified Wellcoach or do not have the NBC-HWC credential.

ACLM is also endorsing the Wellcoaches core training and certification program for health and wellness coaches, adding to the endorsement of the American College of Sports Medicine established in 2002.

The 18-hour Lifestyle Medicine for Coaches e-course provides an in-depth overview of the leading lifestyle medicine topics, including an introduction to Lifestyle Medicine, basic biometrics, health and lifestyle diseases, active living, culinary medicine, emotional well-being and resiliency, positive psychology in health, substance abuse and addictions, sleep health, brain health, shared decision making and interpreting coaching research.

According to Wellcoaches Founder and CEO Margaret Moore (aka Coach Meg), coaches will gain an understanding of the whole human health experience. “The course delivers quality education and credentialing to enable coaches alone or on a multidisciplinary team to support Lifestyle Medicine as the primary treatment of choice,” Moore said.

Wellcoaches and ACLM leaders recognize the importance of health and wellness coaches well-educated in lifestyle medicine being an integral part of a value-based health care platform.

“Lifestyle Medicine-trained health and wellness coaches will be a foundational component of real health care reform and will be well positioned to meet the ever-growing demand in both clinical and worksite settings as
we shift to a system that’s rewarding providers for helping patients improve their health, reduce the effects and incidence of chronic disease and live healthier lives in an evidence-based way,” said ACLM Executive Director Susan Benigas. “This course marries best-in-class Lifestyle Medicine training with exceptional health and wellness coach training, education, and credentialing.”

For more information or to register, go to [https://www.lifestylemedicine.org/Lifestyle-Medicine-for-Coaches](https://www.lifestylemedicine.org/Lifestyle-Medicine-for-Coaches).

ABOUT WELLCOACHES: Wellcoaches founded the first School of Coaching for health and wellness professionals in 2002, in collaboration with the American College of Sports Medicine, and was a first-mover in establishing coaching science in the US. Since then, Wellcoaches has defined the cutting edge and the gold standard for high-impact, evidence-based, innovative coach education, training and certification. It provides the tools and skills to become game-changing professionals in corporate, healthcare, military and consumer well-being. Wellcoaches has trained more than 10,000 coaches in nearly 50 countries and trains 1,000 coaches per year, equipped to bring a skilled lifestyle medicine coach to every primary care practice.

ABOUT THE AMERICAN COLLEGE OF LIFESTYLE MEDICINE: ACLM is the professional medical association for those dedicated to the advancement and clinical practice of Lifestyle Medicine as the foundation of a transformed and sustainable health care system. Lifestyle Medicine involves the use of evidence-based lifestyle therapeutic approaches, such as a predominantly whole food, plant-based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities, to prevent, treat, and, oftentimes, reverse the lifestyle-related, chronic disease that's all too prevalent. ACLM addresses the need for quality education and certification, supporting its members in their individual practices and in their collective desire to domestically and globally promote Lifestyle Medicine as the first treatment option, as opposed to a first option of treating symptoms and consequences with expensive, ever-increasing quantities of pills and procedures. Join today at [http://www.LifestyleMedicine.org](http://www.LifestyleMedicine.org).
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