With roughly 80% of our nation’s healthcare costs rooted in lifestyle behaviors, the urgent need for Lifestyle Medicine as the foundation of a transformed and sustainable healthcare system is clear.

The substantial and growing evidence supporting the efficacy of Lifestyle Medicine can no longer be ignored. The revolution has begun and the ACLM is at the forefront.

As a professional association, we are a galvanizing force for change - providing certification in the field, clinical support, evidence-based education, and visionary leadership to transform health and healthcare.

Unite with fellow leaders in healthcare committed to a Lifestyle Medicine-first approach to the prevention, treatment and reversal of lifestyle-related diseases.

Join today!
Be part of the mission to usher in sustainable health, sustainable healthcare and a sustainable world!
Visit LifestyleMedicine.org for details.

ACLM members work at treating the underlying cause of disease and not just the disease markers and risk factors. Technology cannot solve our chronic disease problem. Pills alone do not restore health. What will maximize healing is the application of scientifically sound lifestyle principles to both individual and community practice—thereby preventing or reversing the worst of our chronic disease burden.

– George Guthrie, MD, MPH, CDE, FAclfM
ACLM President
Why join ACLM?

Education
- Exclusive discount on Lifestyle Medicine Certification through the American Board of Lifestyle Medicine
- Exclusive discount on the Lifestyle Medicine Core Competencies Program (30 hours online CME)
- Educational webinars and interactive networking
- Special savings on registration for ACLM’s conferences and training events

Resources
- Tools for clinical lifestyle medicine developed by content experts in the field, ensuring success in your practice
- Access to the latest science and evidence supporting the efficacy of lifestyle medicine

Community
- Inclusion in ACLM’s professional listing of lifestyle medicine practitioners
- Access to our private networking communities
- Participation in a unique society where members are transforming health and healthcare

Wide Array of Exclusive Benefits
- Visit the Membership Benefits page at LifestyleMedicine.org for the latest overview of valuable ACLM member offerings!

Rejuvenate your passion for medicine!

- LEARN how to effectively use evidence-based lifestyle change in your personal life and in your medical practice.
- BENEFIT from a team-based approach, comprised of physicians, PhDs, PAs, RNs, NPs, RDNs, OTs, PTs, fitness professionals and health coaches.
- EMPOWER your clinical practice with lifestyle medicine’s tools to prevent, arrest, and reverse preventable disease.

Visit LifestyleMedicine.org.
Join the movement to redefine health and healthcare!