

Certificate in Lifestyle Medicine

Accredited by **Khyber Medical University**, provided by **CorTeach**.



About Khyber Medical University



Khyber Medical University aims to promote professional competence through learning and innovation for providing comprehensive quality health care to the nation.

Khyber Medical University (KMU) is a public research university located in Peshawar, Khyber Pakhtunkhwa, Pakistan. Established in January 2007, the university comprises several constituent colleges and institutes, as well as affiliated undergraduate and postgraduate medical and dental institutions, and various programs in the allied health sciences.

i About the programme

This Certificate Program is designed to address the urgent global rise of chronic, non-communicable diseases. Moving beyond conventional treatment, this evidence-based course empowers healthcare professionals to utilize therapeutic lifestyle interventions to prevent, manage, and potentially reverse conditions like obesity, diabetes, and cardiovascular disease.

A multimedia-rich online component is an integral part of the course. Both synchronous and asynchronous learning tools are utilized to teach, collaborate, and support participants during the whole course.

? Who is the programme aimed at?

This course is specifically tailored for ambitious healthcare professionals and clinical educators eager to lead the transition toward preventive, patient-centered healthcare. It serves as an ideal clinical and academic complement for professionals working across a wide spectrum of disciplines, including, Specialists and generalists in Family Medicine, Internal Medicine, Preventive Medicine, and Public Health; Clinical Nutritionists, Dietitians, Physiotherapists, and Professionals in Rehabilitation Sciences; Advanced practice nurses and community healthcare coordinators; Academic faculty and course coordinators looking to integrate modern lifestyle medicine and behavioral counseling frameworks into medical curricula.

? How will this programme be delivered?

This part-time interactive programme will be provided through a delivery model which blends self-directed learning with tutor-led team based learning. Throughout the course, students will engage in:

- Fortnightly online synchronous tutorials
- Stimulating weekly activities
- Tutor-moderated discussion forums
- Reflective exercises
- Practical application of teaching and learning in their clinical or academic environment

i Graduates of this programme will:

- Explain the scientific foundations and principles of lifestyle medicine.
- Apply evidence-based lifestyle interventions in prevention and management of chronic disease.
- Utilize behaviour change strategies and motivational interviewing techniques in patient counselling.
- Develop practical recommendations related to nutrition, exercise, sleep, stress management, and social health.
- Recognize the importance of practitioner health, advocacy, and patient-centred implementation in lifestyle medicine practice.
- Design basic lifestyle medicine care plans suitable for clinical and community settings.



What will you study?

Module	Learning Objectives
Foundations & the Clinical Case for Lifestyle Medicine	- Define lifestyle medicine and explain the six pillars of lifestyle medicine. - Describe the relationship between lifestyle behaviours and major chronic diseases including obesity, diabetes, hypertension, and cardiovascular disease. - Explain the evidence supporting lifestyle interventions in prevention, treatment, remission, and reversal of chronic disease. - Apply basic principles of health behaviour change and motivational interviewing in lifestyle counselling.
Nutrition and Culinary Lifestyle Medicine	- Explain the principles of whole-food, plant-predominant nutrition and its role in chronic disease prevention and management. - Compare evidence-based dietary approaches including Mediterranean, DASH, and plant-based dietary patterns. - Assess common dietary risk factors associated with cardiometabolic disease. - Develop culturally appropriate nutrition and meal-planning recommendations for patients.
Physical Activity and Exercise Prescription	- Describe the physiological and health benefits of physical activity and exercise across the lifespan. - Differentiate aerobic, resistance, flexibility, and balance training and their applications in health and disease. - Assess physical activity levels and sedentary behaviour using simple clinical tools. - Develop safe and individualized exercise prescriptions using the FITT principle for common chronic conditions.
Sleep Health and Substance Use	- Explain the role of restorative sleep in physical, metabolic, and mental health. - Identify common sleep disorders and lifestyle factors that negatively affect sleep quality. - Describe the health effects of tobacco, alcohol, and other risky substance exposures. - Develop basic sleep hygiene recommendations and substance-reduction or cessation strategies for patients.
Stress Management, Social Connection and Emotional Well-being	- Explain the relationship between stress, emotional well-being, social connection, and chronic disease. - Identify common psychological and social contributors to stress and burnout. - Describe evidence-based stress management approaches including mindfulness, resilience, relaxation, and positive psychology strategies. - Apply basic counselling and behavioural strategies to support emotional well-being and healthy coping mechanisms.
The Lifestyle Practitioner	- Conduct a focused lifestyle medicine assessment including lifestyle vital signs and behavioural risk evaluation. - Develop patient-centred lifestyle medicine care plans for common chronic diseases. - Describe the role of interprofessional collaboration, follow-up, and community support in lifestyle medicine implementation. - Reflect on the role of practitioner health, advocacy, professionalism, and leadership in lifestyle medicine practice.



Course Plan:

- Postgraduate Certificate for **6 months**
- Two sessions** planned every month on alternative weeks
- Timings are 03:00 - 5:00 pm (GMT +5)



Programme Entry Requirements:

Applicants must:

Have completed MBBS degree or a qualification in healthcare.



Register your interest at

<https://www.corteach.com/calender/camh-c/>

Program Costs

Pakistani Participants

- Standard Registration: PKR 70,000
- Early Bird Registration: PKR 60,000

International Participants

- USD 300
- Early Bird: USD 250

Meet Our Faculty

Prof Dr Tahira Sadiq

MBBS, MPH, Diploma in Community Health & Nutrition, PGD in Teaching & Learning, MHPE, LMPC, SWIPE Internship, IBLM Certified, PhD Scholar (Public Health), Professor of Public Health, Medical Educationist, Public Speaker, Vice President Pakistan Association of Lifestyle Medicine (PALM), Head of Department Community Medicine and Public Health at Bahria University College of Medicine, Islamabad

Prof Dr. Farah Rashid Siddiqui

MBBS, MPH, Diploma in Neuro-linguistic Programme, Certificate in Leading an Empowered Organisation, Faculty development course (medical education), Postgraduate diploma in Community Nutrition, Certificate of FAIMER module, MHPE, Fellow of Royal Society of Public Health, PhD Fellow - Public Health) Professor and HOD Community Medicine NUST school of health sciences; Fellow of Royal Society of Public Health

Brig. Prof Naila Azam (Retd)

MBBS, MCPS Family Medicine, FCPS Community Medicine, Diploma in Health Professionals Education, Certificate in Lifestyle Medicine, Advance Certificate Medical Education) HOD Community Medicine & Public Health, Foundation University Medical College Islamabad

Dr. Humaira Mahmood

MBBS, MPH, FCPS (Community Medicine), PhD (Public Health), Lifestyle Medicine Practice Certificate, Fellow of Royal Society of Public Health, Fellow of College of Physicians and Surgeons Pakistan) Professor of Public Health, Health Services Academy, Chak Shahzad; Research Consultant, International Research Foundation (IRF), Islamabad

Prof. Dr. Shafat Khatoon

MBBS, MCPS (Internal Medicine), FCPS (Internal Medicine), CHPE, Certificate in Lifestyle Medicine, MSPH, International Board in Lifestyle Medicine (In progress)) Head of Internal Medicine, PIMS, SZABMU, Islamabad; Course Director- Lifestyle Medicine Postgraduate certificate course at SZABMU; Chapter Head (Islamabad) - Pakistan Society of Internal Medicine

Dr. Munira S Abbasi

MBBS, Diplomate in American Board of Internal Medicine, Diplomate in Endocrinology, Diabetes & Metabolism Certification, Diplomate of American Board of Lifestyle Medicine and International Board of Lifestyle Medicine, Plant Based Nutrition Certificate, Post Graduate Certificate in Lifestyle Medicine, Blue Zones Certification for Physician) Founder and Director of Nurturing Our Health; Adjunct Faculty Riphah Institute of Lifestyle Medicine; Director Lifestyle Medicine Education & Vice President of Pakistan Association of Lifestyle Medicine

Prof. Dr. Abdul Majid

MBBS, FCPS, Professor and Head of Department, Department of Neurosurgery (Unit-III), Punjab Institute of Neurosciences (PINS), Lahore

Prof. Dr. Usman Mahboob

MBBS, MPH, DHPE (UK), Advanced Assessment Course (UK), Certificate in Accreditation & Assessment (UK), FHEA (UK), Fellow FAIMER (USA), Post-Doc (UK)) Director & Professor of the Institute of Health Professions Education & Research, Khyber Medical University, Peshawar

Prof Dr Mussarat Riaz

MBBS, FCPS (Medicine), FCPS (Endocrine), CHPE; Director of National Institute of Diabetes & Endocrinology (NIDE) and Associate Professor, Dow University of Health Sciences (DUHS), Karachi

Prof Dr Nazish Imran

MBBS, MRCPsych (London), FRCPsych (London), MHPE, PhD; Chair and Professor, Department of Child and Family Psychiatry, King Edward Medical University (KEMU), Lahore

Who is CorTeach?

CorTeach is a leading education solutions provider, committed to innovation in teaching and learning. We offer online and blended courses, customized course development, AI chatbot, faculty training, and cutting-edge Learning Management System (LMS) solutions to transform educational experiences.

Our advisory services help institutions implement strategic, tech-driven advancements in education, ensuring impactful and future-ready learning environments.

Whether you're seeking to enhance professional development, optimize course delivery, or integrate innovative learning technologies, CorTeach empowers educators and organizations with tailored, forward-thinking solutions that redefine the future of education.

Visit us at www.corteach.com

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A healthy outside starts
with the inside.

Robert Urich

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Let food be thy medicine
and medicine be thy food.

Hippocrates

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support@corteach.com
or visit
www.corteach.com



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