



As an innovative physician leader in preventive medicine/public health and internal medicine, Dr. Lianov has advanced the lifestyle medicine movement in the US and internationally. She received the 2015 Distinguished Service Award from the American College of Preventive Medicine (ACPM). Dr. Lianov is the lead author for the 2010 publication in the Journal of the American Medical Association that unveiled the lifestyle medicine core competencies for physicians, recommended by a national blue ribbon panel of health professional organizations.

As immediate past president of the American College of Lifestyle Medicine (ACLM) and chair of the Lifestyle Medicine Task Force and the Lifestyle Medicine Competencies Working Group of ACPM, Dr. Lianov spurred awareness in the medical community about the critical need for healthy lifestyles not only as the key to prevention, but also treatment and reversal of lifestyle-related diseases. She is the lead faculty for the first of its kind intensive lifestyle medicine curriculum for physicians sponsored by ACPM and ACLM.

Dr. Lianov led the development of the Healthier Life Steps program at the American Medical Association, while serving as its Health Lifestyles Division Director, leading initiatives to support physicians in helping their patients build healthy habits. She served two terms as the General Preventive Medicine/Public Health regent on the ACPM board. She broadly promotes the

crucial role of healthy lifestyles and environments to patients, the public and professional audiences through her numerous presentations and publications in the US and abroad. She was recently appointed President of the International Scientific Committee of the upcoming health social network Good Morning Doctor. Dr. Lianov is also an advisor to the newly formed True Health Initiative, which is supported by a stellar team of international luminaries that aim to reveal the truth behind chronic diseases and promoting healthy communities.

Dr. Lianov founded HealthType LLC which implements innovative strategies for sustainable behavior changes and offers consulting services for lifestyle medicine educational projects. The latest mobile app program, myhappyavatar.com, based in positive psychology and cutting edge neuroscience was recently released, and the companion coaching app will be released later in 2016. HealthType LLC is collaborating with partners to link individuals with community-based, virtual and tourism resources that promote healthy lifestyles.