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EIM Month is Coming! Are You Ready?



For the 7th consecutive year, Exercise is Medicine® Month continues this May to recognize all those who are in support of and advocate for the benefits of exercise across the country! For more information on how you can get involved, download our EIM Month Toolkit to learn more and start the process! The celebration is happening soon...are you in?

Here are some of the cities, states, and organizations that celebrated May as Exercise is Medicine® Month in 2013:

Denver, CO
Kansas

Jacksonville, FL
Nebraska

Glendale Community College
Indianapolis, IN

Trinity Health

EIM in the News!

Exercise is Medicine® made headlines in the Toronto Star in March with an article on the next generation's advocates in health care. With the recognition of kinesiology becoming "a regulated profession in Ontario," kinesiologists are leading the charge in creating exercise prescriptions for their clients.

"Exercise is the magic pill," Michelle Fortier stated, who is a physical activity psychology scientist at the University of Ottawa. Getting kinesiologists integrated with "primary health care teams" has been an area of research interest and it's striking a favorable chord for many in the field. The future looks bright, especially when the forerunners of this movement are the students aspiring to pursue this field of study. Three schools in Ontario have brought Exercise is Medicine® on Campus to their grounds: Queen's University in Kingston, the University of Guelph, and McMaster University in Hamilton. "[The EIM on Campus initiative has been] snowballing, and I think you'll see a lot more popping up," said Jasmin Ma, a Masters student who, along with 2 of her peers began EIM on Campus at Queen's University. For more information, check out the [full article](#) online!



If you are already a certified fitness specialist through either the American College of Sports Medicine

(ACSM), the Canadian Society for Exercise Physiology (CSEP), or another accredited organization in Canada, get involved by contacting Susan Yungblut at syungblut@csep.ca.

Global Pulse: Maputo, Mozambique

On the global front, representatives from the EIM Global Center have recently returned from the Physical Activity and Sports Health and Development (PASHDA) conference in Maputo, Mozambique. The conference was hosted by Professor Antonio Prista and his team at the Pedagogical University (*Universidade Pedagógica*) on behalf of the African Physical Activity Network (AFPAN). EIM was featured as both a pre-conference workshop (coordinated by the EIM South Africa team) and followed up as a 1 ½ hour symposium where the audience was presented with the basics of EIM and its real world application in South Africa and Ghana. EIM's presence at PASHDA has helped expose the initiative to potential partners in Kenya, Nigeria, Botswana, the Congo, and Namibia and we are very excited to see the future growth of EIM in Africa!



Registration is Now Open for ILM June 2014 Course in Boston!

The Institute of Lifestyle Medicine has opened registration for their course: "Practicing Lifestyle Medicine: Tools for Healthy Change". It will take place on Friday, June 20 - Saturday, June 21, 2014 from 7:00 AM - 5:00 PM and will be located in Boston, Massachusetts. This course will increase your knowledge on evidence-based lifestyle medicine and how it can be incorporated into daily patient care. To register or learn more, go to <http://www.cvent.com/d/y4qqjf>. The deadline for Early Bird Registration is **April 30th**, so register now for reduced rates!



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