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## 5th Ghana Physical Education and Sport Think Tank Conference and 3rd Exercise is Medicine Congress Report

The conference was held in Accra, Ghana, June 4-6 of 2014 and announced the release of the inaugural Ghana Report Card on Physical Activity and the National Physical Education and After-School Sport Policy, as well as the launch of KNUST Campus Chapter of Exercise is Medicine to stakeholders and the public. There were many individuals representing diverse interests that were in attendance, delivering expert presentations and engaging in lively discussion on the topic at hand: children and youth physical inactivity.

The overarching message of each presentation was that decreased physical activity among the nation's youth was correlated with increased non-communicable diseases and injuries as well as decreased longevity. The conference proved to be a success, prompting a call to action to bring leaders in the field together to engage in research, content development, and communication in the effort to advocate for diverse solutions to get the children and youth and Ghana moving!



## EIM - Global News

Lauren Lewis, a 1st year MD/MPH from the University of Miami spent the month as an intern for EIM Singapore. Working in the Changhi Hospital in Singapore, Lauren spent her 5 week internship helping create training guides for physicians and fitness professionals in Singapore and contributing to their public relations and awareness efforts. As an MD student, Lauren was an observer in the Sports Medicine clinic and, as an MPH student, gained exposure to the promotion of physical activity throughout the country. Her experience in Singapore goes to show the increasing globalization of EIM and the partnerships evolving between our member nations!

## Exercise is Medicine: South Africa - The University of Pretoria

Fitness Friday (a campaign for Exercise is Medicine) is an exercise awareness campaign aimed at promoting good health by encouraging the staff of the University of Pretoria to get active. Every Friday, articles about fitness and health are published in the University's newsletter, Campus News, which contain useful information about certain conditions that affect health.

This year they decided to offer university staff two Bootcamps, the first Bootcamp session was presented in May and the second one is scheduled for the month of August. The competition is open to all UP staff as well as non-staff members. There are weekly challenges (and prizes) and records are kept for the overall winner (announced after four weeks). The competition includes pre-participation (base line) fitness and anthropometry tests. In order to measure improvement, the same tests will be repeated at the end of the boot camp. The winner is determined by best percentage improvement.

Staff who participated enjoyed the Bootcamp so much that they decided to continue with the classes. They have 3 Bootcamp classes, a morning class from 6:00 to 7:00 and two afternoon classes at two different campuses of the University to increase the awareness of staff that Exercise is Medicine.



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### Tell Us Your Story

*From Susanna Carter, MD*



I just wanted to share my own EIM story as a physician. In December after much deliberation and heartache, I stopped practicing as an and have started my own health and wellness business called "Proj Fifty". The "one-fifty" is based on the 150 minutes of recommended that the ACSM recommends and almost no one does! As an Iron athlete, currently training for my fourth one in September, I was increasingly frustrated with how unhealthy I felt the lives of physicians practice are and I no longer wanted to sacrifice my own health in t tend to others. I want to take care of myself with quality nutrition, e sleep and mindfulness AND help others achieve the same, not sacr for the other. I also found that as an Ob-Gyn, doing pap smears an prescriptions for hormones, I was feeling off purpose.

So many of my patients were obese, sedentary, eating poorly and s in ways they didn't need to but I didn't have the time in my practi address these huge issues. When I came across the text *Exerc Medicine* something really huge and exciting shifted in me. The pe have always had for sport and health and life finally resurfaced and had a big change to make. So I jumped! And now I get to spend r helping people change their lives for the better in a way that fills me

Thanks so much for every effort this organization spends on a miss to my heart!

### Tell Us Your Story!

*Exercise is Medicine is reaching out to individuals, groups, and organizations all over. The impact is global and while we share our story, we want to hear yours as well! Email us at [eim@acsm.org](mailto:eim@acsm.org) about how EIM has impacted you or how you plan on making EIM a part of your local community, organization, or life! Keep an eye out; you may see your story appear in next month's newsletter!*

## ACSM Conference on Integrative Physiology of Exercise

Have you registered for the ACSM Conference on Integrative Physiology of Exercise in Miami Beach, FL yet? Learn of the latest advancements in exercise physiology and hear the Keynote Lectures provided by eminent scientists in the field. Register by August 8th and save! For more information, please visit <http://www.acsm.org/attend-a-meeting/IPE2014>.



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