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## NEW RESOURCE!

### Exercise is Medicine® Healthcare Provider 1 Page Summary Sheet



Recently, EIM announced a revised [Healthcare Provider Action Guide](#). The guide provides in-depth, step-by-step instruction that explains EIM and leads them through how they can implement EIM in their clinics. To further this message in a briefer, more concise manner, [a new 1-page summary](#) on the basics of EIM has been created. The 1-pager is a quick and easy resource designed to complement the Action Guide in getting the information professionals need, fast!

Visit our website to download the new [Summary Sheet!](#)

## EIM Canada - *Exercise Prescription in Primary Care* workshops: Inspiring health professionals

*Contributed by Susan Yungblut, EIM Canada Program Manager*

Leaders from the Palliser Primary Care Network in southern Alberta (Canada) commissioned a full-day EIM *Exercise Prescription in Primary Care* workshop this past January. Topics covered included:

- Implementing the Physical Activity Vital Sign (PAVS) in their electronic medical record;
- MDs and RNs working together to support exercise with their patients such as ordering

Providing this continuing medical education for the entire healthcare team, and not just the physicians, is an important future task for EIM Canada and their partners.

Physical activity training is rarely a standard part of any training program for health professionals and until then, the onus will be on the larger EIM family to help provide this education and applied experience!

resistance bands for their patients and providing basic exercise training;

Having health team members lead walking appointments – not social sessions, but appointments that address specific educational topics (e.g., elevated blood pressure) while being physically active.



*"I used to be afraid to talk about exercise, especially with patients who had suffered a heart attack. I now realize I was doing more harm by not talking about exercise!" said an RN at the Palliser PCN*

## **EIM partner Technogym motivating people around the world to increase their physical activity**

The World Health Organization lists physical inactivity as one of the 10 leading risk factors for death worldwide and estimates that one in four adults and more than 80 percent of adolescents do not meet basic recommendations for physical activity.

In March 2015, the second annual Technogym Let's Move for a Better World Challenge engaged fitness facilities throughout the U.S. in a worldwide effort to combat childhood obesity. This unique competition challenged individual fitness facilities to measure their members' physical activity using the Technogym's Challenge App during March 2-22.

The top performing fitness facility in each country earned the opportunity to donate Technogym fitness equipment to a local school of their choice to combat childhood obesity.

Technogym, a partner to the American College of Sports Medicine and Exercise is Medicine Initiative, found that the Challenge's unique combination of competition, altruism and technology has proved successful in motivating people around the world to increase their physical activity, a key factor in reducing risk factors for diseases like diabetes, cardiovascular disease and cancer.

The Challenge also exemplified how exercise can bring awareness around important social causes and showcase how exercise aids with disease prevention.



For more information on the Let's Move for a Better World Challenge visit:

[www.technogym.com/letsmove](http://www.technogym.com/letsmove)

## The National Physical Activity Plan Alliance (NPAPA) Interview with the Society of Behavioral Medicine

In June 2015, NPAPA president, and former member of the EIM Advisory Board, Dr. Russ Pate was interviewed by the Society of Behavioral Medicine's (SBM) Physical Activity Special Interest Group (SIG). During this interview, Dr. Pate discussed the U.S. National Physical Activity Plan, the development and history of the Plan, its newly revised content, and how those interested in becoming more involved can do so. One of the nine targeted sectors within the NPAP is healthcare which aligns with EIM.



To read the full interview, [click here!](#)

## Tracking down the optimum dose of exercise

*The Pharmaceutical Journal, 16 July 2015 – Article by Elie Dolgin*

“Prescribing physical activity could soon become as routine as prescribing drugs, and at least as beneficial.” That’s what a recent article in the *Pharmaceutical Journal* stated on the future outlook for physical activity and its role within patient treatment. “Exercise is one of the least appreciated, underused therapeutic tools available to the human race,” says Dr. Gregory Heath, an exercise scientist at the University of Tennessee at Chattanooga. But what is the optimum dosage? The Dr. Dolgin discusses the current recommendation of 150 minutes of moderate/75 minutes of vigorous activity per week, or a combination of the two, but also all the other time we spend not being active. In conjunction with the latest “Sitting is the new Smoking” warning, even though one might be meeting the recommended amount of activity, the amount of excessive sitting or sedentary behaviour one does engages in can negate any activity engaged in.

Getting in activity where one would otherwise be sedentary is key to battling the negative effects of being too inactive.

While there is a recommended "dose" an individual should get daily, any movement a person can engage in will benefit their health. Inactivity is the problem and the more a person can move and avoid long bouts of inactivity, the better!



As a result, the recommendation of breaking up the day with two to four hours of standing or activity breaks was proposed in a white paper published in early 2015.

## Exercise Is an Extraordinary 'Drug,' So Why Aren't Physicians Prescribing It?



"More than 50% of physicians in the U.S. are likely not prepared to help their patients with their exercise plan", stated a U.S. News article on the low number of physicians engaging their patients in the exercise discussion. Research has demonstrated that the evidence on exercise for health is indisputable, that exercise benefits all body systems! Those who engage in regular physical activity on average live longer than those who are physically inactive. But the question remains: why are there not more physicians prescribing exercise to their patients?

The author highlights the efforts of EIM in inviting physicians into playing a more active role in assessing their patients' physical activity levels and prescribing them exercise. "Exercise is a wonder drug," stated Dr. Bob Sallis, EIM President and EIM Advisory Board Chair, who views this lack of prescription to be comparable to malpractice. The message is clear and is not going away anytime soon: healthcare providers need to start prescribing exercise as medicine!

To read the full article, [click here!](#)

## It's Not Obesity We Should Worry About, It's Inactivity

In a recent article in Forbes, addressing American health, it has again been suggested that we not put all of our focus on obesity and that there should be more attention directed towards physical inactivity. While obesity is of great concern globally, growing evidence points to an even bigger issue: inactivity. Physical inactivity has been on the rise over the past three decades while several studies suggest that our caloric intake has actually decreased.

There has been an increase in the time spent being sedentary in our jobs, in our leisure time, and, most alarmingly, in our schools. The issue is one that often begins in childhood, with increased inactivity being reinforced through the cutting of physical education programs and recess time.

Nick Morrison, author of the article, states that there has been a decline in sports in schools as well, not allowing students to learn "movement skills to effectively engage in physical activity."

Along with this decrease in physical activity, fitness levels of children have also decreased. In a study looking at the fitness levels of children from 1998 to today, "the least fit 10 year old boy in the class in 1998 would be among one of the five fittest in a class today." While obesity is indeed an issue, it has overshadowed the fact that we as a society have become less active.



To read the full article, and to see the references to other related studies, [click here!](#)

## Join the 3rd MEDICA MEDICINE + SPORTS CONFERENCE on 17th/18th November 2015 in Dusseldorf

*Get insight into the newest approaches and technologies in sports performance and vital data monitoring and personalized training programs and equipment.*

The 3rd MEDICA MEDICINE + SPORTS CONFERENCE is taking place on 17/18 November 2015 during MEDICA, the largest medical trade show in the world. The MEDICA MEDICINE + SPORTS CONFERENCE`s main objective is the interdisciplinary exchange between international sports medicine experts, professional athletes, the sporting goods and healthcare industry. Exercise is Medicine (EiM) is cooperation partner from the very beginning.

This cooperation platform was established in 2013 to foster new exchange formats, new sport medical therapies, and innovative products for prevention, recovery and population health management. Connecting sports medicine and innovative technologies will result in new and breakthrough advancements. Discover new markets and get an insight into the latest innovations and cutting-edge products and technologies for prevention, therapy and recovery by joining the 3rd MEDICA MEDICINE + SPORTS CONFERENCE.

The focus of this year's conference is on creating and implementing new health and fitness guidelines, the latest innovations in monitoring vital data and sports performance, and personalizing individual programs for training and regeneration.

To find out about the detailed program, the speakers, as well as the participation opportunities by [clicking here!](#)

**We are looking forward to seeing you in Dusseldorf!**

**MEDICA** **MEDICINE + SPORTS CONFERENCE**

17-18 November 2015  
Conference Center South  
Messe Düsseldorf

**JOIN THE MEDICA  
MEDICINE + SPORTS CONFERENCE**

## American College of Sports Medicine (ACSM): Seeks Nominations for Clinician Awards



### 30 MINUTES TO BETTER HEALTH

To learn more about the “Walks the Walk” Outstanding Clinician Award program and/or to nominate a deserving individual [click here](#). Nominations close **August 28, 2015**.

In October 2015, the Every Body Walk! Collaborative and America Walks will host its 2nd National Walking Summit. The Summit will bring together the multiple supporters, allies, and disciplines working to increase walking and making our communities safer, attractive and accessible for walking. During the Summit, ACSM will honor a clinician with the 1<sup>st</sup> annual “Walks the Walk” Outstanding Clinician Award. This Award will recognize their remarkable contributions to improving physical activity in the United States, one patient at a time.

The Award program will shine a national spotlight on individuals, and the organizations they represent, that have made a significant commitment towards physical activity as a part of their clinic care, patient support, and are taking a leadership role in promoting physical activity with their patients.

A committee will select an awardee from nominations that meet the selection criteria. The awardee will be honored at the 2015 National Walking Summit, October 28-30, 2015. A stipend for travel and lodging will be provided.

### Tell Us Your Story!



We are reaching out to individuals, groups, and organizations to hear how Exercise is Medicine<sup>®</sup> has impacted your life. While we share our global story, we also want to hear yours as well! E-mail us at [eim@acsm.org](mailto:eim@acsm.org) and tell us how EIM has impacted you or how you plan on making EIM a part of your local community! Keep an eye out - you may see your story appear in a future newsletter!

To learn more about the Exercise is Medicine<sup>®</sup> Global Health Initiative visit our website: [www.exerciseismedicine.org](http://www.exerciseismedicine.org).

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