

<b>Campus</b>	<b>Grand Rapids Community College</b>
<b>Submitted By:</b>	Melanie Schiele-Gady
<b>Date</b>	9/16/2015
<b>Location</b>	Grand Rapids Michigan
<b>Story</b>	<p><u>October Exercise is Medicine Month - How is GRCC participating:</u></p> <p><b>#1:</b> Participate in <u>Ride the Refuge</u> Service Learning Opportunity with Feeding America West Michigan: We have partnered with Feeding America West Michigan for the Ride the Refuge (Walking and Cycling Event) Event to raise funds and awareness for Feeding America West Michigan on October 3, 2015 as well as participate in the Ride the Refuge Event. See Ride the Refuge Event at <a href="https://rideforrefuge.org/location/grandrapids">https://rideforrefuge.org/location/grandrapids</a>.</p> <p><b>#2:</b> Share the Exercise is Medicine Prescription Health Series Fliers to our students, faculty, staff and community and talk about how Exercise can help support and improve Quality of Life with many different diseases and health related issues. These will also be posted in Ford Field House and Calkins Science Center.</p> <p><b>#3:</b> Use the Videos/EIM information in classes and posted in black board: (Exercise and Your Health, Keys to Exercise: Aerobic Type, Aerobic Intensity, Duration and Frequency, Strength, Flexibility, Home Gym, Energy Balance, Exercise is Medicine Public Presentation, and Exercise Your Life).</p> <p><b>#4:</b> Developed an Art Prize/Fitness Scavenger Hunt and participated in the “Art Prize/Fitness” Scavenger Hunt. In the scavenger hunt the community, faculty, staff, students are directed to find a piece of art and then they also have to perform fitness skills at each art piece. They are also walking/running in between to each art piece. See Art Prize information at: <a href="http://www.artprize.org/">http://www.artprize.org/</a></p>
<b>Campus</b>	<b>Jefferson College of Health Sciences</b>
<b>Submitted By:</b>	Allison Bowersock, Ph.D., CSCS, ACSM-EIM Level I
<b>Date</b>	10/13/2015
<b>Location</b>	Roanoke, Virginia
<b>Story</b>	Jefferson College of Health Sciences in Roanoke, VA is hosting a kick-off event for EIM-on campus Wednesday, October 7. We will have media coverage of the proclamation signing followed by a group walk. The month of October we will be hosting various free activity classes from bodyweight workouts to group runs and walks at both Jefferson College and Virginia Tech-Carilion School of Medicine (we share resources and campus facilities so this is a joint venture between the two schools).
<b>Web Links</b>	<a href="http://wsls.com/2015/10/12/two-roanoke-schools-celebrate-exercise-is-medicine-">http://wsls.com/2015/10/12/two-roanoke-schools-celebrate-exercise-is-medicine-</a>

	<a href="#">month/</a>
	<a href="http://www.virginiafirst.com/news/local-news/exercise-is-medicine-month-at-jefferson-college">http://www.virginiafirst.com/news/local-news/exercise-is-medicine-month-at-jefferson-college</a>
	<a href="https://www.jchs.edu/event/exercise-medicine-proclamation-commemoration-walk">https://www.jchs.edu/event/exercise-medicine-proclamation-commemoration-walk</a>
<b>Campus</b>	<b>Georgetown College</b>
<b>Submitted By:</b>	Leslie Phillips, PhD
<b>Date</b>	10/28/2015
<b>Location</b>	Georgetown, Kentucky
<b>Story</b>	<p>We just completed our events in conjunction with Exercise is Medicine month - we had classes on yoga, kettlebell training, running mechanics as well as an event titled "The Hungry Games" (which combined fitness challenges, crazy games and fitness trivia with a food drive). We also have published weekly features of folks (student, faculty, and administrator) who manage to work exercise into their busy schedules in the student newspaper.</p> <p>Our leadership team met on Monday to discuss the feasibility of offering personal training to those who are prescribed exercise at the wellness center. That's our long-term goal right now (with intermediate steps along the way).</p>
<b>Campus</b>	<b>Penn State</b>
<b>Submitted By:</b>	Melissa Bopp, PhD
<b>Date</b>	10/29/2015
<b>Location</b>	University Park, Pennsylvania
<b>Story</b>	<p>UNIVERSITY PARK, Pa. — The Department of Kinesiology and Kinesiology Club are gearing up for their 4th annual Exercise is Medicine (EiM) week, which will kick off Oct. 12. EiM week events include outdoor exercise stations at high visibility sites, exercise competitions, prize drawings, fitness testing, a “skip the elevator-take the stairs” signage campaign, and an educational booth at the HUB-Robeson Center. “We have a couple of things that are new,” said Melissa Bopp, associate professor of kinesiology. “We have a greater social media presence this year.” (On Facebook: <a href="http://www.Facebook.com/PSUEiM">www.Facebook.com/PSUEiM</a>, and on Twitter: @psueim.)</p> <p>“A new addition for the year will be a Freshman Fitness Day on Oct. 14,” Bopp said. Freshman Fitness Day will include demonstrations and activities, with the goal of attracting freshmen to physical activity resources on campus. This year's Dean's Walk will take place Oct. 12 starting outside the Biobehavioral Health Building, the side closest to</p>

the HUB-Robeson Center. “We are gaining the support of some Penn State varsity coaches who will be joining us at the walk and this could be the start of University-wide involvement,” Gravish Hurtack said. Robert Ricketts, Kinesiology Club advisor and senior lecturer of kinesiology, said EiM is vital as one looks at the value of exercise over the life span. “Although the title 'Exercise is Medicine' is promoted by the American College of Sport Medicine, I like to think of exercise as a 'vaccine' to ensure lifelong good health,” he said.

Exercise is Medicine Week schedule:

- Oct. 9: The Kinesiology Club will give out pedometers during the Homecoming parade.
- Oct. 12: Dean’s Walk begins at 9 a.m. outside the Biobehavioral Health Building. There will be an exercise station at Willard Building.
- Oct. 13: Exercise station at Palmer Museum of Art
- Oct. 14: Freshman Fitness Day at East Halls
- Oct. 15: Exercise station at Life Sciences Building
- Oct. 18: The Kinesiology Club will host a 5K, beginning at 10 a.m. at Osmond Building on Pollock Road. Pre-registration is \$15. Race-day registration is \$20.

**Web Links**

[http://www.collegian.psu.edu/arts\\_and\\_entertainment/article\\_274da1fc-7112-11e5-bff9-fb4d788264e9.html](http://www.collegian.psu.edu/arts_and_entertainment/article_274da1fc-7112-11e5-bff9-fb4d788264e9.html)

**Campus**

**Kwame Nkrumah University of Science and Technology**

**Submitted By:**

Dr. Moses M. Omoniyi, M.O.

**Date**

11/4/2015

**Location**

Kumasi, Ghana

**Story**

We had a fitness walk rally and radio discussions. We are also planning in ongoing inter-hall dance competition for ladies now.

**Campus**

**Michigan State University**

**Submitted By:**

Kerri Vasold

**Date**

11/11/2015

**Location**

East Lansing, Michigan

**Story**

As a part of its EIM-OC initiative, Michigan State University launched a faculty and staff physical activity challenge using fitness trackers in October. With a focus on gaining excitement and support from upper administration, this challenge is one way that MSU is encouraging the campus community to be physically active at work and throughout the

	day.
<b>Campus</b>	<b>Slippery Rock University</b>
<b>Submitted By:</b>	Carena Winters, PhD, MPH, FACSM
<b>Date</b>	9/22/2015
<b>Location</b>	Slippery Rock, Pennsylvania
<b>Story</b>	Cheryl Norton, president of Slippery Rock University, will sign a Proclamation Saturday declaring October, as "Exercise is Medicine Month On Campus". The president will sign the proclamation at approximately 8:40 a.m. at the Aebersold Student Recreation Center and then lead students, faculty, staff and community residents on the President's Wellness 5K Run/2K Walk. Proceeds from the run help to support SRU student scholarships. Members of the President's Commission on Wellness will be on hand with a poster board so people can write how they pledge to be active during the month. After Saturday's activities, the board will be housed in a lounge in the ARC so people can add pledges throughout the month. SRU implements the program in many areas. - See more at: <a href="http://www.sru.edu/news/092515c#sthash.jnVjUrLT.dpuf">http://www.sru.edu/news/092515c#sthash.jnVjUrLT.dpuf</a>
<b>Web Links</b>	<a href="http://www.sru.edu/news/092515c#sthash.jnVjUrLT.dpuf">http://www.sru.edu/news/092515c#sthash.jnVjUrLT.dpuf</a>

