



More than 6,000 professionals from around the world gathered in Denver, Colorado at the end of May for the American College of Sports Medicine's 34th Annual Meeting and 8th World Congress on Exercise is Medicine®. Attendees enjoyed catching up with fellow members and gaining new tools to integrate EIM in their practices and communities. Here are a few highlights from Denver.

### **EIM Keynote**

The 8th World Congress on Exercise is Medicine® officially commenced on Tuesday May 30th with a keynote presentation titled "Physical activity and cardiovascular prevention" by Professor Mai-Lis Hellénus of the Karolinska Institute in Stockholm, Sweden. Professor Hellénus masterfully described the development and implementation of Physical Activity on Prescription, a program that preceded the beginning of EIM. Physical Activity on Prescription was initiated in Stockholm County and, similar to EIM, has the goals of providing patient-centered counselling, written physical activity prescriptions, follow-up assessments, and collaborating with community and societal organizations. Professor Hellénus provided data on the effectiveness of Physical Activity on Prescription in increasing physical activity levels, improving quality of life and reducing cardiovascular risk factors in healthy, middle-aged men. And to make sure the audience was practicing what she preached, Prof Hellénus encouraged attendees to get out of their seats midway through her talk for a moving dance breakdown!



Immediately before the EIM keynote lecture provided by Professor Hellénus, five individuals were honored as recipients of the 2nd annual EIM Global Leadership award. Marilyn Moffat, Irene Davis, Phil Page, Brad Roy and Brad Confessore received this prestigious award for their efforts over the past year to integrate physical therapists as a part of the EIM model. Their efforts are helping pave the way for a future landmark partnership between ACSM and the American Physical Therapy Association.



### **EIM National Center Directors' Meeting**

On Tuesday, May 30th, 34 representatives from 15 EIM National Centers from around the world gathered to discuss the development and growth of EIM in their respective countries. EIM leaders discussed strategies to enhance global sustainability of the initiative through sponsorship and fundraising activities. Additionally, leaders shared successes they had experienced implementing EIM in their countries, training health care providers and exercise professionals, and establishing unique collaborations with their Ministries of Health, defense departments and regional governing authorities. Despite the extreme travel distances, it was encouraging to see the dedication of the EIM international leaders in coming in a day early to attend the EIM World Congress!



## EIM on Campus Recognition Event

Exercise is Medicine® honored 61 colleges and universities from around the world during the 3rd annual recognition of outstanding campuses.

Programs were officially recognized at either a bronze, silver or gold level based on their activities to promote physical activity as a vital sign of health on their campus. "Each of these campuses has made a difference at their school by making health a priority," said Dr. Carena Winters, Chair of the EIM on Campus program.

## EIM Ambassador Workshop

More than 45 people attended the 2nd Ambassador training to learn how they can help spread the word about Exercise is Medicine in their local communities. Following the training, prominent ACSM and EIM leaders, including new ACSM President Walt R. Thompson, PhD, FACSM, and EIM Advisory Board Chair Robert Sallis, MD, shared their experiences and encouraged those in attendance to serve as future EIM leaders. The Ambassador Program aims to develop and assist the next generation of physical activity and health professionals in spreading the EIM mission and vision in their institutions and local communities. We look forward to welcoming this new cohort into the EIM Ambassador 'family' and supporting their future success!

## Fireside Chat with Michael Phelps

An enthusiastic crowd of sports researchers, physiologists, coaches and trainers gathered to hear 28-time Olympic swimming medalist Michael Phelps answer questions from Walt R. Thompson, PhD, ACSM President; Randall Wilber, senior sports physiologist for the U.S. Olympic Training Center; and Keenan Robinson, high performance director for USA Swimming. The fireside chat revealed details of the elaborate, science-based training regimen that Phelps dedicated himself to the past decade. While Phelps attributed his success to hard work, he also credited the team that guided his swimming, strength training, recovery and sleep, throughout his career. Phelps described in detail his burning drive to be the best. After finishing fifth in his first Olympics final in 2000 as a 15-year-old, Phelps used his absence from the medal podium to drive him to greater success during the following four Olympics.

## Additional Highlights

- The ACSM Annual Meeting was the site of the official formation of an EIM National Center in Poland.
- EIM on Campus presented a thematic poster session, talking about the program's growth and encouraging more campuses to participate.
- On May 10th, Naama Constantini, MD, National Center Director of EIM Israel, helped host the 5th Israeli Conference on Exercise is Medicine: Endocrine Aspects. Juergen Steinacher, MD, the Regional Director of EIM Europe, was a featured speaker, discussing current issues related to EIM implementation in Europe and effects of low-intensity exercise on metabolic control and inflammation.



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