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Exercise is Medicine at ACSM's 61st Annual Meeting

This year's American College of Sports Medicine Annual Meeting will be held in Orlando, Florida at the Rosen Centre and the Orange County Convention Center from May 27-31. The EIM World Congress begins on Tuesday with keynote lectures by Marco Pahor (University of Florida) and William Bird (Intelligent Health, UK). EIM representatives from around the world to be in attendance, including leaders from Australia, Singapore, China, South Africa, Ghana, and Europe. The World Congress will also host the EIM Latin American Regional Meeting with more than 20 Latin American countries expected to be in attendance. Throughout the week there will be a number of key topics and excellent presenters, from physical activity counseling to how EIM is affecting our underserved populations to EIM on a global scale; and more. We hope to see you all there!



EIM Month is Here! Are You Ready?

For the 7th consecutive year, Exercise is Medicine Month continues this month 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 going on now...are you in?

Exercise is Medicine on Campus 5th Year Anniversary and Recognition Program Launch!

Exercise is Medicine® on Campus will be celebrating its 5th Year Anniversary, as well as the launch of its new Recognition Program, at ACSM's 61st Annual Meeting in Orlando, Florida this May! Through the Recognition Program University campuses will formally register their schools with EIM and receive recognition for their activities and achievements, fueling campuses to aim high and push for the ultimate goal of seeing exercise prescription implemented in a real life setting. Key speakers will include Robert Sallis, FACSM (Kaiser Permanente), David Proctor, Ph.D., FACSM (Pennsylvania State University), and Carena Winters, Ph.D., MPH, FACSM (Slippery Rock University). The next generation of EIM advocates are gearing up...are you ready to join the movement?

EIM on Campus in Action!

Cuyahoga Community College, Parma, OH

Cuyahoga Community College hosted its 2nd Exercise is Medicine on Campus event on April 15th, 2014. The goals of the event were to increase the awareness to the college community on the importance of physical activity in the prevention of chronic disease and to support the mission of EIM in increasing the "focus on exercise, health, and wellness in the college, university, and community settings." The event attracted over 350 participants, including students, faculty and staff, administrators and community members. The College's Sport and Exercise Studies program hosted the event, providing a variety of exhibitors and fitness-related activities to those in attendance as well as prize drawings every half hour. Dr. Holly Clemens, Associate Professor and EIM on Campus coordinator, commented on the event's impact, stating that "it was exciting to see attendees enjoy the fun of the event" and that "[the] SES program looks forward to hosting the Exercise is Medicine on Campus event in April 2015!"



Australia

EIM Australia is celebrating their 3rd year anniversary this May. Entering its fourth year, EIM Australia has successfully reached a wide audience ranging from general practitioners, nurses and allied health professionals, to government departments, non-government organizations and individuals. Subscriptions to the EIM Australia e-newsletter have grown at a steady rate, and social media engagement has doubled in the last 12 months. EIM Australia has had numerous articles published in national, state and regional media publications, including the lead segment of ABC TV's Catalyst in May 2012. Within their Active Workplace initiative, they have partnered with the Healthier Australia Commitment to develop workplace activity guide. EIM Australia's primary care workshops have been a huge success, with over 700 clinicians participating to date. The intent to change clinical behavior is obvious with numerous attendees identifying that they have become more confident in engaging their patients in a conversation about physical activity, and that they have the resources and referral pathways they need to support long term behavior change in their patients. Just as important, participants report gaining greater knowledge and understanding of the role of accredited exercise physiologists (AEPs) in chronic disease prevention and management.

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". The course will take place on June 20th & 21st, 2014 in Boston, MA. The course is designed to increase health care provider knowledge of 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>. Use the course discount code: THC-EIM50 at registration to receive \$50 off your entry. See you there!



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