

EIM Older Adult Advisory Group

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Mission of the Older Adult Advisory Group

The mission of the EIM Older Adult Advisory Group is to provide up to date and credible information about the special benefits that accrue to older adults who are regularly physically active.

Advisory Group Goals

- To provide answers to frequently asked questions related to exercise and physical activity that would be of benefit to older adults and the various clinical professional groups that rely on EIM as their source of credible information about Exercise is Medicine
- To maintain a list of high credibility links and resources related to exercise and physical activity for older adults

Current Projects/Upcoming Projects

- Develop a set of frequently asked questions and responses that can provide clinicians and members of the public with state of the art information about how physical activity can help to prevent and manage chronic diseases and conditions as well as to improve quality of life for older adults
- Develop a list of online resources from credible sources that can be accessed and downloaded from the EIM older adult page

If you are interested in learning more about being involved with a committee, please check out the [Volunteer Opportunities](#) page for more information!

