



Resources

CONTACT

www.exerciseismedicine.org
 eim@acsm.org
 317-637-9200
 American College of Sports Medicine
 P.O. Box 1440
 Indianapolis, IN 46206-1440

ACTION GUIDES

Health Care Providers' Action Guide
www.exerciseismedicine.org/physicians.htm

Health and Fitness Professionals' Action Guide
www.exerciseismedicine.org/fitpros.htm

Public Action Guide
www.exerciseismedicine.org/public.htm

Action and Promotion Guide
www.exerciseismedicine.org/action.htm



YOUR PRESCRIPTION FOR HEALTH SERIES

www.exerciseismedicine.org/YourPrescription.htm

Provides information and advice on exercising safely with various health conditions.



EXERCISE IS MEDICINE™ MONTH

www.exerciseismedicinemonth.org

Exercise is Medicine Month celebrates May as the special recognition month for Exercise is Medicine and as a time for physicians, health and fitness professionals, the public, and supporting organizations and constituents to recognize, emphasize and celebrate the valuable health benefits of exercise on a national scale.





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KEYS TO EXERCISE VIDEO SERIES

www.exerciseismedicine.org/keys.htm

- Aerobic Types
- Duration and Frequency
- Exercise and Your Health
- Flexibility
- Home Gym
- Intensity
- Strength



NEWSLETTER AND E-NEWSLETTER

www.exerciseismedicine.org/resources.htm

Quarterly newsletter and biweekly e-newsletter providing program updates, distributed to health care providers, fitness professionals, members of the public, network members and more.



PUBLIC SERVICE ANNOUNCEMENTS

www.exerciseismedicine.org/PSA.htm

The American College of Sports Medicine (ACSM) has partnered with the United States' Office of the Surgeon General to create public service announcements (PSAs) promoting Exercise is Medicine. The PSAs feature the acting surgeon general, Rear Admiral Steven K. Galson, M.D., M.P.H., and a message encouraging physical activity.



Support for the Exercise is Medicine® Global Initiative is Provided By:

EIM OFFICIAL PARTNERS:



EIM ADVOCATES:

