



Exercise is Medicine™  
American College of Sports Medicine  
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### Dear Health Care Provider,

What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.

The Exercise is Medicine™ initiative is a shared vision of the American College of Sports Medicine and the American Medical Association, designed to help improve the health and well-being of our nation through a regular physical activity prescription from doctors and other healthcare providers.

We are calling on health care organizations, health care providers and other professionals, regardless of specialty, to assess, to advocate for, and to review every patient's physical activity program during every comprehensive visit.

**Visit the Exercise is Medicine™ Web site ([www.exerciseismedicine.org](http://www.exerciseismedicine.org))** for additional information. You will find a more detailed description of the initiative, ways you can counsel patients on their exercise regimens and information on how physical activity can be an integral part of any patient's health care program.

We urge you to make exercise consultation a regular, important part of your interaction with every patient at every visit.

Please feel free to contact us with any questions or concerns.

Sincerely,

The Exercise is Medicine™ Task Force

### Exercise is Medicine™ Resources for Health Care Providers

- **The Exercise is Medicine™ Health Care Providers' Action Guide** provides physicians and other healthcare providers with a simple, fast, and effective tool for using physical activity, in the right "dosage", as a highly effective prescription for the prevention, treatment, and management of more than 40 of the most common chronic health conditions encountered in primary practice.
- The **Exercise Prescription and Referral Process** document is the core of the guide and will explain how to either quickly write a prescription for your patient or else refer them to a certified health and fitness professional.
- Use the **Exercise and Readiness Prescription Pad** to either give your patient a physical activity prescription or to refer them to a health and fitness professional.
- If your patient is healthy, print out and give them a **Starting an Exercise Program Patient Handout**.
- If your patient has a chronic health condition, look at the **Your Prescription for Health** series to see if your patient's condition is included in this series and, if it is, print out and give them the appropriate patient handout on how to safely exercise with their condition. This series has been reviewed by experts from the American College of Sports Medicine.