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## EIM Launches in Puerto Rico!



Some of dignitaries in attendance were the City Mayor, Dr. José Irizarry Mora, Ph.D. (Health Secretary of the Puerto Rico Government), Alejandro Garcia Padilla, I Madeline Reyes, M.D. (Undersecretary of the Department of Health), Dr. Felipe Lopez (University) and Dr. Adrian (EIM Global Center, ACSM)

This is an exciting time for work to see physical activity standard in healthcare, around the world!

On October 30th, the ceremony for the launch of the Puerto Rico (PR) EIM National Center took place outside of San Juan, Puerto Rico, which now brings the total number of EIM countries to 43.

## EIM Credentialing Workshop - Orlando, FL

Exercise is Medicine® recently credentialed another candidate group in Orlando. EIM has evolved into a boots-on-the-ground initiative with EIM Professionals leading the way to elevate their careers by positively impacting the health of those who lack physical activity and require chronic disease prevention and management. EIM Professionals work with healthcare providers to implement EIM Intervention programs with patients that are referred to them. The credentialing process includes EIM study materials on the EIM Solution for Healthcare, Behavioral Modification Strategies, and Chronic Condition Management. After credentialing, EIM professionals will be further trained to receive healthcare

referrals, maintain engagement, and deliver specific EIM Intervention programs.

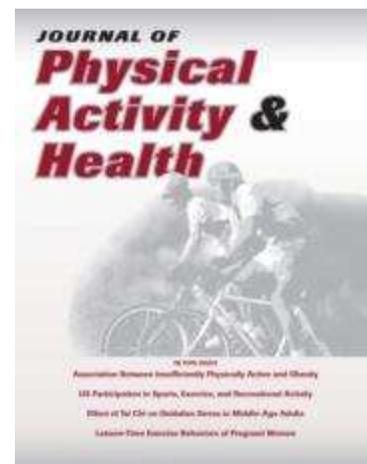
EIM Professionals help to build a bridge of trust between healthcare stakeholders and community resources. With the shift in today's healthcare, the future looks bright for exercise professionals!



## “Where is Exercise in Medicine?”

“One of the primary concepts in Exercise is Medicine® is the engagement of healthcare providers integrating physical activity in the clinic setting.” While it is clear that exercise is in fact medicine, this information is not always being translated in medical education curricula for our future physicians. A study recently published in the Journal of Physical Activity and Health by Cardinal et al. examined the websites of U.S medical programs and the level of physical activity training listed for the program. According to their results, “the majority of institutions did not offer any physical activity education-related courses, [and when] offered, they were rarely required” (Cardinal et al., 2014).

This study prompts further discussion on what can be done to change these findings and how, moving forward, can physical activity be more commonplace in medical education, for both current and future physicians.



## EIM Leaders Travel to China

A team of global leaders presented in November at the 2014 Physical Activity Conference for Health in Beijing, China. EIM representatives included Michael Loosemoore (leader of EIM United Kingdom), Ivy Lim (EIM Singapore), Anita Hobson-Powell (EIM Australia) and Mark Stoutenberg (EIM Global Center). They presented to an audience of more than 150 experts in China including senior academic faculty from leading Universities such as the Beijing Sports University and Peking University, health officials from the Chinese CDC, and numerous healthcare providers from Regional Hospitals. EIM China has secured the support of multiple leading health organizations and is doing an excellent job introducing physical activity as an integrated part of healthcare in the country.



## EIM Presentation at OSU

Dr. Tom Best, former President of the ACSM, was one of 7 speakers who presented to a student-run organization, med-FIT, at The Ohio State University about the EIM Global Health Initiative. MedFIT was created to provide medical students with personalized fitness training and fitness education in order to promote healthy minds and bodies among future physicians. Dr. Best came to discuss strategies to improve health and wellness on the campus, and how EIM could be a platform through which these goals could be achieved.

Dr. Best communicated the need for medical students to be educated on the importance of exercise and physical activity, and that the nation's most pressing health issue at present is physical inactivity.



Dr. Tom Best is the Pomerene Endowed Chair of Primary Care at The Ohio State University. He is a Professor of Biomedical Engineering and practices sports medicine. He is a team physician for Ballet Met and Ohio Machine professional lacrosse team. Dr. Best was recently appointed medical director of Healthy New Albany, a soon-to-open facility dedicated to health and wellness.



## ACSM Team Physician Course

The Team Physician Course gives primary care, specialty physicians and other healthcare providers the core of knowledge to care for sports teams in the community. The course is delivered in two parts (offered in February of each year). Participants are not required to complete the courses in sequential order.

The course offers healthcare providers hands-on workshops that will help fill in gaps in their coursework and offer new perspectives in the orthopedic, primary care and emergency medicine aspects of sports medicine and athlete care.

For more information, visit [http://www.acsm.org/attend-a-meeting/acsm-team-physician-course?utm\\_source=Informz&utm\\_medium=Email&utm\\_campaign=Summit+Registration](http://www.acsm.org/attend-a-meeting/acsm-team-physician-course?utm_source=Informz&utm_medium=Email&utm_campaign=Summit+Registration) for more information and register!

## Make the Move!

Attend the 2015 National Physical Activity Plan Congress and YOU can help all Americans be more physically active and healthier.

By registering today you become a contributor to the next version of the National Plan. You will work side-by-side with a diverse group of community leaders who are updating the plan, which will be published in 2015. This is your chance to influence change, create strategies and prioritize tactics that will help all American make the move to a healthier, more active lifestyle.

Learn more and register online [www.npapcongress2015.org](http://www.npapcongress2015.org)





## Tell Us Your Story!

Exercise is Medicine is reaching out to individuals, groups, and organizations all over. The impact is global and while we share our story, we want to hear yours as well! E-mail us at [eim@acsm.org](mailto:eim@acsm.org) about how EIM has impacted you or how you plan on making EIM a part of your local community, organization, or life! Keep an eye out; you may see your story appear in next month's newsletter!



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