

If this e-mail does not display properly, please [view our online version](#).



EIM Leader Report - Dr. Bob Sallis in New Zealand

New Zealand – a land known for its extreme beauty and world champion rugby teams – is also home to the [Green Prescription](#), one of the first national movements to integrate physical activity into health care. On November 20th and 21st, Dr. Bob Sallis, Chair of the EIM Advisory Board, was invited to give the opening keynote talk (the Matt Marshall Lecture) at the [2015 Conference of the New Zealand Sports Medicine Association](#). Following Dr. Sallis were several other speakers who spoke to the conference theme of “Movement is Medicine”. Throughout New Zealand, physicians are providing their patients with exercise prescriptions. However, physical activity levels are not yet systematically recorded in their electronic records presenting the perfect marriage of the Green Prescription supported by EIM principles such as the physical activity/exercise vital sign. Following the meeting, several sports medicine and exercise leaders are eager to step up as champions and promote integrate EIM with the Green Prescription. Stay tuned for more progress out of New Zealand in the near future!



EIM Canada Launches New Website!



On Friday, November 6th, 2015, EIM Canada (EIMC) launched their [new website](#) with the assistance of the EIM Global Center. EIMC National Center Manager, Susan Yungblut, worked on their new website to highlight the efforts of their many different EIM initiatives, replacing their old site, which has been in existence since late 2012. The new EIM Canada website, offered in both English and French, is modeled after the EIM Global site and features a number of highlights, from the physician training courses that they offer to their rapidly expanding EIM on Campus program.

To visit the new EIM Canada website, [click here](#).

EIM Research Short - *The relationship between physicians' and nurses' personal physical activity habits and their health-promotion practice: A systematic review.*

A recent review by [Fie et al. \(2012\)](#) showed that a health care provider's (HCP) personal habits, such as their level of physical activity, directly influences the level of engagement that they have with their patient on discussing physical activity. HCPs play an important role in the lives of their patients are in a prime position to influence the current status of the nation's health as they have the ability to access and advise their patients on engaging in more physical activity. The results from this research suggests that the more HCPs are engaged in regular physical activity themselves, the greater the likelihood they will engage their patients in the PA discussion and have a more effective and authentic impact.

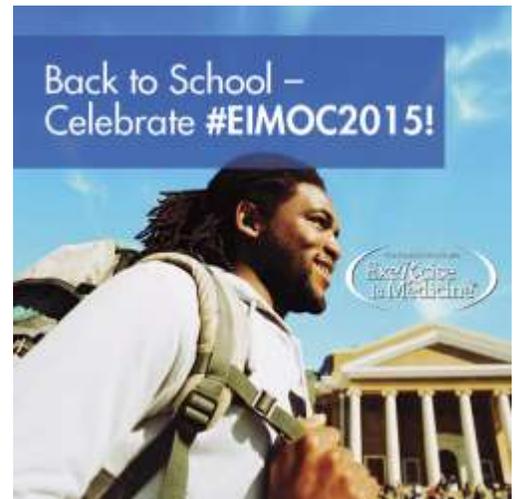
To view the article, [click here](#).



EIM on Campus - Recap of EIM on Campus Month 2015

October 2015 kicked off the first Exercise is Medicine on Campus EIM-OC Month, an entire month dedicated to the efforts of campuses to enact EIM on their campuses, through campus-wide physical activity promotion and engagement. Stories from campuses such as Jefferson College of Health Sciences, Michigan State University, Penn State, Seattle University and many others came in, providing the scoop on the activities they hosted in their communities. Examples of the great activities seen in October included hosting daily physical activity challenges to engage students at Penn State for a week dedicated to all things EIM, having the signing of the EIM-OC Proclamation signed by the President of the Jefferson College of Health Sciences featured on local media and sharing EIM resources through different communication channels throughout the Grand Rapids Community College campus.

To read their stories, [click here](#).



EIM Upcoming Events

EIM Credential Workshops



The first in-person EIM Credential Workshop for 2016 will be held in Atlanta, GA on February 20-21. The EIM Professional Credential 2-Day Workshop, offered in partnership with the American College of Sports Medicine (ACSM), the [American Council on Exercise \(ACE\)](#), and the [Medical Fitness Association \(MFA\)](#), includes two days of training and leadership from Dr. Felipe Lobelo, MD, PhD (Emory University), Dr. Jim Skinner, PhD (Indiana University), and Dr. Adrian Hutber, PhD (EIM Vice President), finishing with an opportunity to take the proctored credential certificate exam.

The curriculum for this workshop offers the foundational knowledge you need to become a member of a Community Care Team:

- The application of the EIM Solution for healthcare stakeholders and community resources as an overall community collaborative concept
- Familiarity with the impact of physical activity on certain chronic diseases
- Development of the skills needed to support sustained behavioral change
- Content overview related to the credential certificate exam

To learn more and register, [click here](#).

EIM on Campus Recognition Program

At the 2015 ACSM Annual Meeting in San Diego, CA, 24 campuses were officially recognized for their EIM-OC activities and initiatives. In preparation for the 8th World Congress of EIM, the application process for the EIM on Campus Recognition program officially opens on January 1st of 2016. The EIM on Campus Recognition Program, launched in summer of 2014, recognizes schools as either Bronze, Silver or Gold level campuses based on their level of engagement. Recognition provides an opportunity for your campus to enhance its image as a healthy academic environment; emphasizing your commitment to utilizing exercise as medicine to create a culture of wellness on campus. In order to apply for recognition, a campus must first become an officially registered EIM campus. To find out if your campus is already registered, [click here](#)! If not, you can register by visiting the EIM website. To learn more about the EIM on Campus Recognition program or how to apply, [click here](#).



EIM Emerging Leader Program Accepting Nominations



Exercise is Medicine is seeking nominations for our new “EIM Emerging Leader” developmental program. Individuals, residing in the U.S., who are selected for this program will receive specialized training on the EIM initiative to enable them to officially represent the initiative across regional and national meetings and events across the U.S., to provide technical assistance for fellow researchers, health systems, and community leaders, and to serve in future EIM leadership positions. Nominations for the 1st cohort (approximately 6 leaders) will be accepted until January 15th, 2016.

Click [here](#) to read more about the program and details on how to apply.

401 W. Michigan St., Indianapolis, IN 46202
To unsubscribe from future emails, [click here](#).

