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ACSM 's 62nd Annual Meeting and 6th World Congress on EIM in San Diego, CA

This year's 6th World Congress on EIM and ACSM's 62nd Annual Meeting was held in beautiful San Diego, CA where leaders in sport and exercise science and medicine came together to discuss the latest in scientific and academic research. The meeting kicked off with the World Congress on EIM on Tuesday, May 26th with the Keynote Lecture by Dr. James Hill on Energy Balance as well as the EIM Latin American Regional Meeting. There were many wonderful sessions, tutorial lectures, and exhibits for everyone to attend. EIM National Center Directors met on Wednesday to discuss updates on EIM internationally, share successes and discuss strategies to better progress EIM in their respective countries. On Thursday, May 28th, the European Initiative for Exercise in Medicine signed an official MOU with EIM, further expanding EIM as a global health initiative. Sessions continued throughout the week on various topics, from nutrition, exercise, and physiology in sport to the emerging trend of population health management in healthcare and practical application of the latest research for professionals.

The meeting was a success in its attendance and sessions and we are looking forward to what is in store for EIM over the next year. We hope to see everyone again in Boston!



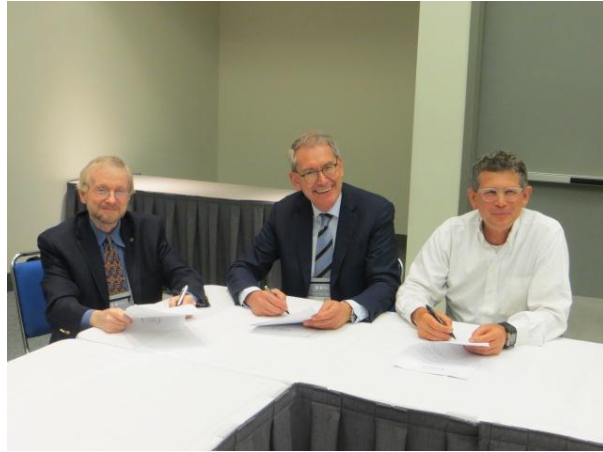
Group Photo of EIM National Center Directors from around the world



Inside the San Diego Convention Center



Below
 ACSM CEO, Jim Whitehead, with EIEIM (European Initiative for Exercise in Medicine) Board members Juergen Steinacker (Germany) and Willem van Mechelen (Netherlands)



EIM on Campus - Recognized Campuses for 2015

Exercise is Medicine® On Campus launched a new registration process and Recognition Program at the 6th World Congress for EIM at the 2014 Annual Meeting in Orlando, Florida. The program recognizes college and university campuses meeting specific criteria in promoting EIM in their campus setting. There are three different status levels that campuses can achieve: Bronze, Silver, and Gold.

At this year's Annual Meeting in San Diego, CA, ACSM officially recognized 24 colleges and universities that achieved the different levels within the Recognition Program:

GOLD LEVEL RECOGNITION

An officially registered EIM on Campus program can achieve Gold Level Recognition by actively implementing the physical activity vital sign. The following campuses have achieved Gold Level Recognition:

Auburn University
 California State University Long Beach
 Michigan State University
 Slippery Rock University
 University of Colorado, Colorado Springs
 Western Kentucky University

SILVER LEVEL RECOGNITION

An officially registered EIM on Campus program can achieve Silver Level Recognition by engaging students, faculty, and staff in EIM education initiatives. The following campuses have achieved Silver Level Recognition:

Florida Gulf Coast University
 Georgia Southern University
 Glendale Community College
 Hong Kong University
 Illinois State University
 North Carolina State
 Penn State
 University of Connecticut
 Virginia Tech

BRONZE LEVEL RECOGNITION

An officially registered EIM on Campus program can achieve Bronze Level Recognition by promoting and generating awareness of the health benefits of physical activity. The following campuses have achieved Bronze Level Recognition:

Georgetown College
 Grand Rapids Community College
 Iowa State University
 Mesa Community College
 Mississippi College
 Norfolk State University
 Salt Lake Community College
 Sheridan College
 William Paterson University



EIM-OC Testimonial

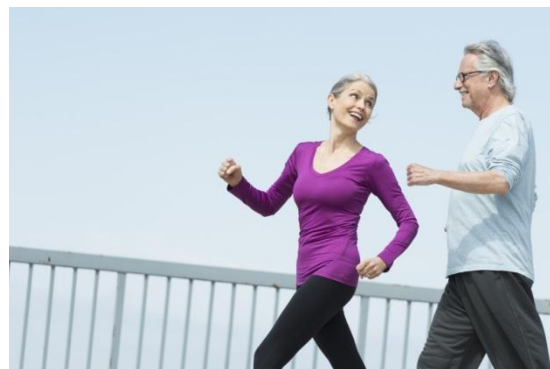
Kelly Anne Borges, University of Connecticut

After officially becoming a registered campus in October 2014, the *Exercise is Medicine – On Campus Leadership Team* at the University of Connecticut has embarked on a mission to revolutionize physical activity education and awareness in their community. I am honored and elated to announce that our efforts to increase awareness of EIM's mission have deemed the university a Silver Campus. *Silver campuses focus on educational opportunities for campus and community. Education helps ensure that knowledge of the importance of physical activity to health is shared and incorporated into campus life. Silver campuses work to promote these ideals toward the ultimate goal of incorporating physical activity as a part of routine health care provider visits.*

We have joined forces with staff members of our Student Health Services to introduce clinicians to the methods of physical activity monitoring and to educate them on the importance of discussing physical activity with the collegiate population. We have emphasized that this transitory stage in college students' lives serves as a time for independent health habit formation, and that the clinicians' simple inquiry and suggestion of daily physical activity could positively influence health habit development. Along with delivering EIM's message to our SHS staff, we have given presentations about EIM's mission to our peers in various classes. Our objectives for the classroom presentations are: 1) to emphasize the mental and physiologic benefits of habitual exercise as a young adult, 2) to deliver the central message of discussing physical activity with health care providers, and 3) to develop sustainability of our student-run organization by getting as many students involved as we possibly can. Aside from the classroom setting, we have hosted and promoted exercise-associated events around campus, including HuskyTHON and HeartChase. We are currently in collaboration with directors and staff of nearby elementary schools to develop student-led after school programs that focus on encouraging exercise in the youth population. EIM-OC has provided us a platform to provoke change in health care and educational practices on campus and in our community, and we plan to further expand our objectives in the future semesters.

A Practical Application of EIM: Can Primary Care Doctors Prescribe Exercise to Improve Fitness? - The Step Test Exercise Prescription (STEP) Project

A recent study examined the effectiveness of using an exercise assessment tool - the Step Test Exercise Prescription (STEP) in the clinic setting as a way to enhance self-efficacy and exercise adherence among elderly patients. This was



tested in comparison to the control of normal physician-provided exercise counseling. The results indicated that elderly patients significantly benefited from the STEP tool with improved fitness and exercise confidence compared to the control (Petrella et al, 2003). [Read more](#) on the study and the results!

Reference Cited: Petrella, R. J., Koval, J. J., Cunningham, D. A., & Paterson, D. H. (2003). Can primary care doctors prescribe exercise to improve fitness?: The step test exercise prescription (STEP) project. *American journal of preventive medicine*, 24(4), 316-322.

TECHNOGYM AND ACSM SPEARHEAD “EXERCISE IS MEDICINE” INITIATIVE TO MAKE FITNESS INTEGRAL TO CONSUMERS’ MEDICAL TREATMENTS - *Technogym Renews Partnership with the American College of Sports Medicine to Expand “Exercise is Medicine” Internationally*



In a press release in early May, Technogym, a world-leading wellness and fitness company, announced the renewal of its partnership with ACSM and EIM through 2017. Technogym has been a long-time supporter of public health promotion and awareness programs and will continue its work with EIM to expand the program's reach across the globe. "We are very proud of our work with the American College of Sports Medicine and the Exercise is Medicine® initiative," said Nerio Alessandri, President and Founder of Technogym.

To read the full press release, click [here!](#)

Tell Us Your Story!

Exercise is Medicine® is reaching out to individuals, groups, and organizations to hear how it has impacted your life. The impact of the initiative is taking place globally and while we share our story, we want to hear yours as well! E-mail us at 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!

Also, don't forget to post or tweet to EIM to let us know what you are doing for the EIM Month 2015! #EIMMonth2015

To learn more about the Exercise is Medicine® Global Health Initiative visit our website: www.exerciseismedicine.org



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

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