

EIM Emerging Leader

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Name: Dr. Renee M. Jeffreys-Heil

Background:

MS in Clinical Exercise Physiology (George Washington)

PhD in Epidemiology (University of Cincinnati)

ACSM Registered Clinical Exercise Physiologist

EIM Level 3 Credentialed Exercise Professional

What is your current work position and title?

Assistant Professor of Exercise Science in the Department of Rehabilitation Sciences at Florida Gulf Coast University.

How and when was your interest in EIM initially sparked?

I became interested in EIM as a concept in graduate school and began practicing the “referral network” with the launch of my Fitness Company in 2001. I was working almost exclusively with pregnant women and created a referral network with several local obstetrics and gynecology practices. I have followed the evolution of EIM and when I interviewed for Florida Gulf Coast University I shared the concept as one that I would implement if offered a position. In March of 2014, we launched phase 1 of EIM@FGCU.

How has EIM impacted you personally and/or professionally to date?

EIM is the essence of what I have done as a clinical professional since graduate school. I have been fortunate to be involved in many multi-disciplinary teams and felt the power of professionals referring to each other to improve the lives of their patients and clients. I co-authored a book on exercise and pregnancy with a physician and physical therapist and was part of a multi-disciplinary pediatric obesity treatment program.

What type of EIM related activities have you been involved with to this point in your career?

I launched EIM@FGCU in March 2014. EIM@FGCU consists of a campus wide health promotion campaign, a service-learning project that has Exercise Science students implementing the referral program and monthly events. EIM@FGCU has expanded to include an employee wellness component (monthly lunch and learns & weekly walking). More recently, I proposed a symposium, and was accepted to present with 5 colleagues, at the Southeast ACSM Regional Meeting in Greenville, SC.

How do you plan on promoting and advancing EIM as an Emerging Leader in the future?

I hope to be able to help other institutions learn from each other (foster cross institution collaboration) on how to implement EIM on their campus. I am specifically interested in exploring and sharing how EIM can improve the training/education of Exercise Science/Kinesiology students and how improving student health on campus improves educational outcomes (adherence, removing of academic holds, etc.) across disciplines. Moreover, I think that the EIM framework can help to faculty to promote their research agenda and improve undergraduate research experiences.

What impact do you hope to have on the EIM initiative moving forwards?

I think that the EIM framework/initiative can be a catalyst for improving the health of students on campus AND to train and inspire the next generation of exercise professionals. I am excited to be part of such an important initiative.

Any personal information you would like to share about yourself?

I am a qualified ocean sailor and certified downhill skiing instructor.



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