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### **EIM Tools** - *Newly Updated EIM Prescription Pads*

EIM has recently released its newest version of the EIM Exercise Prescription Pad. The EIM Rx Pad assists physicians in providing their patients with a basic exercise prescription in an easy-to-use format. There are two printable versions available to physicians to allow for easier use and distribution with their patients.

Visit our website to [download](#) the updated EIM Rx Pad.



### **EIM in Action** - *Integrating Exercise Referrals into the Carilion Clinic Patient Flow*

At Carilion Clinic, a non-profit integrated healthcare delivery system, based in Roanoke, VA, is spreading the health benefits of physical activity to patients and healthcare employees through the use of a physician referral, exercise prescription program (FIT Rx) modeled after Exercise is Medicine®. As a medically-supervised program, FIT Rx includes personal training sessions, wellness center membership, and physician feedback throughout the entire process. Since its inception in 2011, more than 4,000 patients have been referred by their physicians. Recently, EHR access was provided to personal trainers to document session activity, which has improved the referral process and supports a team-based care approach. The original FIT Rx program has been now been expanded (FIT Rx 90) to specifically target physical activity and weight loss in Carilion employees.



For more details on the FIT Rx and FIT Rx program, [click here](#).

## EIM Research Short - *Predictive Validity of the Physical Activity Vital Sign*



Is a patient's self-reported physical activity level predictive of their health status? A recently released study by Ball et al. suggests that it may. Examining 34,712 patient records between 2011 and 2013 from the Intermountain Healthcare in Utah, researchers found that individuals not meeting the national physical activity guidelines were at a significantly greater risk of being overweight/obese and having a greater burden of disease, as measured by the Charleston Comorbidity Index. The predictive validity of those classified as physically inactive was strongest in individuals who were obese and morbidly obese,

suggestive of the important role that regular physical activity in proper weight maintenance. The results of this study once again emphasize the need to assess the physical activity levels of patients at every clinic visit!

Reference: Ball, T. J., Joy, E. A., Gren, L. H., Cunningham, R., & Shaw, J. M. (2015). Predictive Validity of an Adult Physical Activity "Vital Sign" Recorded in Electronic Health Records. *Journal of physical activity & health*.

## Meet the Leader

This month we'd like to introduce Dr. Liz Joy, a Sports Medicine physician and Director of Clinical Outcomes Research at Intermountain Health. In addition to being the incoming President of ACSM, Dr. Joy is also a member of the EIM Global Center Advisory Board and actively pushes for the inclusion of physical activity in the Intermountain Health system.



To read more about Dr. Joy, please [click here](#).

## EIM International - *EIM on Campus in China*



On January 5, 2016, our EIM China colleagues, led by Dr. Wenhua Zhao, hosted the first ever EIM on Campus forum to introduce the program to universities across China. EIM experts Dr. Bob Sallis (Chair, EIM Advisory Board) and Dr. Carena Winters (Chair, EIM on Campus Advisory Board), along with Professor Hu Yang (Vice-Chancellor of Beijing Sport University) and Dr. Mei Sui (University of South Carolina) were there to kick off the forum that welcomed more than 86 individuals, representing 50 universities attended including representatives for Beijing Sport University, Northeast Normal University. The EIM on Campus program in China is set to become the

second largest program in the world and shows their great enthusiasm to promote physical activity through

their campus resources and health systems. We wish EIM China the best of luck in growing and coordinating this incredible response!

## EIM Upcoming Events

### EIM at the Greater New York Regional Meeting

On Saturday, April 2<sup>nd</sup>, 2016 the Greater New York Regional Chapter of ACSM will be hosting its 2016 Spring Conference at Queens College, featuring the keynote address "Exercise is Medicine: New Careers and Transformative Opportunities for the Fitness Professional in the 21<sup>st</sup> Century." This talk will be led by Bob Sallis, MD, Walt Thompson, PhD, and Adrian Hutber, PhD. Other key speakers will discuss the Exercise is Medicine (EIM) initiative and how the fitness professional can play an important role as part of the new community care team. To learn more about this exciting event, click [here](#).



### EIM Credential Workshops



The first in-person EIM Credential Workshop in 2016 will be held in Atlanta, Georgia on February 20-21. This workshop provides exercise professionals the opportunity to build upon their formal education, certification(s) and experience to fill the new and expanding roles of Community Care Teams. Community Care is now becoming a significant component of accessible health care in the referral and delivery of chronic disease prevention and intervention programs, including physical fitness. The EIM Professional Credential two 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 finishes with an opportunity to take the proctored credential certificate exam.

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

## EIM on Campus Recognition Program

EIM on Campus is now accepting applications for its recognition program! Schools will have the opportunity to establish themselves as a Gold, Silver, or Bronze level campus, based upon their activities and level of engagement. Recognition provides an opportunity for campuses to enhance their image as a healthy academic environment; emphasizing the commitment to utilizing exercise as medicine to create a culture of wellness.



Click [here](#) to download the 2015-2016 Recognition Application! Deadline is **February 15<sup>th</sup>, 2016**. If your campus is not yet an official EIM Campus, [click here](#) to learn more and register.

## EIM Partner News - Technogym Update



Over the past decade, the medical community has significantly increased its recommendations for exercise as part of a prescriptive plan to improve health outcomes in patients. As [Exercise is Medicine](#) becomes more popular, health care providers are in search of safe and motivational fitness solutions that utilize technology to simplify reporting on patient performance. EIM partner Technogym, the leader in cloud-enabled fitness & wellness equipment, showcases how exercise professionals can help their patients monitor exercise, track results and engage in exercise with the new Group Cycle Connect. To learn more, click [here](#).

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