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## Physical Activity – An Integral Part in Today’s Medicine

### *Lifestyle Medicine – An Emerging New Discipline*

With the steady decline of positive lifestyle habits, the integration of lifestyle medicine into medical practice has gained increasing importance in addressing today’s most prevalent chronic diseases. In a recent article published in US Endocrinology, the emergence of lifestyle medicine as a means of modifying behavior change has garnered much attention (Kushner & Mechanick, 2015). There have been many definitions of lifestyle medicine, all of which have common themes of evidence-based, self-management applications and programming. The evidence is clear that “practicing healthful lifestyle behaviors reduces the risk for chronic disease”, but that the factors influencing an individual’s health are more than strictly their behavior or biological and genetic markers. Other external factors that must be taken into consideration include social determinants (the built environment, relationships with people, SES, etc.), creating challenges outside of an individual’s immediate control.

Efforts that consider all of these may better address issues leading to sedentary behavior and assist in promoting greater levels of physical activity!



Though the research on lifestyle medicine is still growing, there is promise for this approach as chronic diseases continue to rise and the importance of physical activity becomes even more crucial.

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

## EIM in the Research



*Dr. Gregory Heath*

In a recently published pilot study in Preventative Medicine Reports conducted in Chattanooga, TN, Dr. Gregory Heath and colleagues assessed the acceptability of current EIM protocols among healthcare providers and fitness professionals and pilot tested the modified EIM protocols and the referral of patients to community physical activity programming. The first phase of the study, which looked at the acceptability of EIM protocols and materials being offered through initial trainings of healthcare providers and fitness professionals, determined that both healthcare providers and fitness professionals, found the EIM materials to be useful in their practice, but only when integrated into the EMR as this made the process much more efficient and user-friendly. In the second phase of the study, two clinics were chosen to implement EIM protocols and basic referral networks. Patients had their physical activity levels assessed and, if they met certain requirements based on data extracted from the EMR, were referred to fitness professionals in the community.

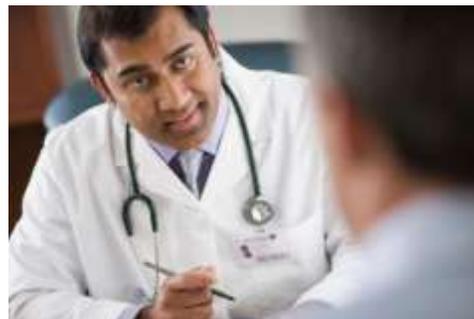
Findings of the study suggest that both healthcare providers and fitness professionals who were trained to use the EIM protocols found the EIM model to be useful in their practices, once adapted and integrated into the EMR.

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

## Exercise: The miracle cure and the role of the doctor in promoting it

In a recent report from the [Academy of Medical Royal Colleges](#), the message is clear: the benefits of physical activity (PA) are too great to ignore and it is the physician's moral responsibility to be a leader in promoting PA to their patients. The report provides current population trends in the United Kingdom (UK) on the prevalence of chronic diseases, levels of PA and sedentary behavior as well as growing health disparities. In the UK, individuals of all ages and backgrounds are not meeting the minimum requirements in PA (150 minutes per week of moderate physical activity) and current trends will continue to worsen unless physicians step up to the challenge of PA promotion in their practices.

The report also highlights evidence from recent studies that demonstrate the wide reach and invaluable impact physicians can have by counseling their patients on the benefits of regular PA. Basic guidance is provided on how physicians can rise up and be leaders in their communities, across all levels of society, to help increase PA, particularly among underserved populations.



*The Academy of Medical Royal Colleges works to promote, facilitate and where appropriate coordinate the work of its member Medical Royal Colleges and their Faculties (as defined in their respective chapters). It has a leading role in the areas of clinical quality, education and training and doctors' revalidation. To learn more about the Academy, [click here](#).*

The report is a strong call to action for all physicians across the UK. Physicians are to be advocates of healthier lifestyles to all of their patients and, when engaged in doing so, can facilitate positive change in combating the current trends of sedentary behavior. [Read the full report](#)

## 2<sup>nd</sup> Annual EIM SE Asian Regional Meeting

On June 15<sup>th</sup>, EIM leaders from across Asia were hosted by the EIM Singapore team as the 2<sup>nd</sup> Annual EIM SE Asian Regional Meeting. Eight countries were represented by more than 50 individuals spanning the sectors of public health, sports, sports, and family medicine, physiotherapy, government agencies, sports federations, and private industry.



The meeting was a huge success as countries presented on their successes in education, research, and public outreach and were left with the challenge of implementing the EIM Solution in healthcare settings over the coming year.

Our partners in Asia are rapidly advancing EIM in their respective countries and we are excited to share in their ongoing success in the future!

## The EIM Credential – Exercise Professionals are a Vital Component to Healthcare



Are you an exercise professional looking to work with a population that is experiencing a rise in chronic disease? With today's increased prevalence of chronic and lifestyle diseases, exercise truly is medicine and the exercise professional is a key player in the treatment and prevention of many of these diseases. The EIM initiative now includes a credential program that will provide exercise professionals with the opportunity to work closely with the medical community and provide numerous additional benefits to the certified professional.

[To learn more about the Credential, click here!](#)



## Five Steps to Launching Exercise is Medicine® in Your Campus

In the July/August 2015 issue of ACSM's Health and Fitness Journal, Dr. Carena Winters, PhD and Dr. Robert E. Sallis, MD's article on EIM on Campus provides a background on the EIM on Campus movement and how a campus can bring it to their institution in a step-wise process! If you are interested in learning more on how your campus can be engaged and join the movement, [check out the article!](#)

You can also visit the [EIM website](#) for more details and to officially register your campus!

## 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](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!



[To learn more about the Exercise is Medicine® Global Health Initiative visit our website: \[www.exerciseismedicine.org\]\(http://www.exerciseismedicine.org\)](#)

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