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EIM Global News!

EIM Travels to Japan

Dr. Mark Stoutenberg, representing the EIM Global Center, was an invited speaker at the Japanese Society for Physical Fitness and Sports Medicine. Dr. Stoutenberg was a part of an EIM symposium that included clinical exercise specialists and leaders from the Japanese Medical Association. Later, key stakeholders for physical activity and health promotion in Japan met together to discuss the official adoption of EIM in Japan. On the heels of this successful symposium and meeting, we look forward to see what develops in the near future!



EIM in Argentina

EIM Global and Regional Center leaders were recently down in Argentina this past month to meet with EIM Argentine leaders. Dr. John Duperly (EIM Latin American Regional Center), Dr. Michael Pratt (Emory University), and Dr. Adrian Hutber of the EIM Global Center, traveled to Argentina for strategic discussions on the structure and growth of their National Center. The meetings were highly productive and we will be looking to Argentina to emerge as an EIM leader in the near future.

EIM Canada Awarded Grant!

Exercise is Medicine Canada (EIMC) is delighted to announce a generous new funding partnership with the Lawson Foundation and Acadia University. This partnership will allow EIMC to bring its full-day *Exercise Prescription in Primary Care* workshop to health professionals

EIM Gaining Momentum in Bangkok

EIM recently made an appearance in the Bangkok Post, highlighting the impact that EIM is having in "pioneering the use of exercise as another essential medical tool to prevent and treat non-communicable disease...of the Thai

in each province in Canada in 2014-2015. Through assistance with promotion and registration subsidies this partnership will greatly enhance our visibility and reach within our healthcare community!

people" (*Bangkok Post*).

Check out the [article](#) to read more!

The EIM Professional Credential is Your Entry into Healthcare

EIM Professional Regional Credentialing Workshop – November 7-8, Orlando, FL

Final Week for Registration: Hotel reservations must be made by October 8th!

The world of healthcare is changing rapidly. Health systems as a result of value-based care are focused on identifying patients, employees and community population groups that are at risk for chronic diseases (e.g., obesity, diabetes, hypertension and hyperlipidemia). These at-risk groups are in need of intervention programs to slow, stop and reverse their progression of chronic diseases. As an EIM Professional, your role is more advanced and increasingly vital to the delivery of physical activity intervention programs that slow, stop and reverse the progression of chronic diseases.



This workshop prepares you to provide the quality of care necessary as a trusted community care team member for receiving patients, employees, eligibles (insurers), beneficiaries (Medicare and Medicaid), and underserved residents for intervention program participation.

The workshop will be headed by the following faculty: Dr. Felipe Lobelo, M.D., Dr. Paul Estabrooks, Ph.D, and Dr. Adrian Hutber, Ph.D. For more information, please follow the link: <http://bit.ly/1uAHG04>.

Tell Us Your Story

Kristi Angevine, MD, FACOG

Thank you for your amazing site! I was introduced to you by a colleague I trained with in residency, Dr. Susanna Carter (whose profile I read in past EIM newsletter). I'm an Ob/Gyn and mountain biking is my main movement of choice. My love for running, hiking and all things biking off road has been one of the main ways I've been able to find balance in my own busy life as a physician, wife and mom. Since entering private practice, I've always felt compelled to address weight loss and exercise with all my patients, but it wasn't until I read the Exercise is Medicine book that I learned so many tips for exactly how to do it effectively.

The philosophy of exercise as paramount to true health has touched my personal life as well as my vocation. The daily challenge of working long, unpredictable hours with delivering babies and running a busy practice can insidiously result in a sedentary life. Unfortunately, we all know so many health care providers who just aren't very healthy. I work hard to counter this by fitting in exercise where I can; even it means short and intense rides in the wee hours or hikes carrying my 2 year old daughter. In my practice, it can be a struggle to give every patient the time they need with solid, collaborative counseling on health and wellness. So, in order to reach more people, despite being a total novice in the world of blogging, I've started a website and blog in order to practice my own version of preventive medicine on a population level.



401 W. Michigan St., Indianapolis, IN 46202
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