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Surgeon General Issues Call to Action to Promote Walking and Walkable Communities

Last month, U.S. Surgeon General Vivek Murthy released a [Call to Action to Promote Walking and Walkable Communities](#). Walking is a simple form of physical activity that can be done almost anywhere. This is a unique opportunity to promote the health benefits of walking and affect real change. The Call to Action supports and complements your organization's focus to improve health and wellness. To help support and advance the Call to Action, background information and a package of call-to-action resources have been developed and can be accessed here: http://www.acsm.org/about-acsm/surgeon-general?utm_source=Informz&utm_medium=Email&utm_campaign=Summit+Registration's-call-to-action2



The Role of Health Care in Supporting the Surgeon General

In 2012, almost 80 percent of U.S. adults reported that they had visited a health care professional sometime in the past 12 months. EIM's mission is to encourage health care providers to talk to their patients about and prescribe physical activity. Health care providers can support the Surgeon General's Call to Action by taking the [EIM Pledge](#) and encouraging their patients to become more physically active. Through the Pledge, health care providers can help patients overcome barriers to physical activity and put them on the path to better health.

To learn more about the EIM Health Care Provider Pledge, visit our website: http://exerciseismedicine.org/support_page.php?p=109

EIM Global News

EIM Philippines



On August 27th, leaders from the EIM Philippines team hosted a colloquium titled “*Exercise is Medicine: The Science Behind the Movement*” at the [Global Forum on Research and Innovation for Health](#) in Manila, Philippines. The symposium, organized by the [Philippine Association for the Study of Overweight and Obesity \(PASOO; the host institution for EIM Philippines\)](#), highlighted the scientific evidence supporting the benefits of exercise and physical activity for the prevention and management of non-communicable diseases, particularly diabetes, cardiovascular disease, dyslipidemia and depression. The symposium was moderated by Professor Nina Castillo-Carandang, a social scientist in the Department

of Clinical Epidemiology, College of Medicine at the University of Philippines Manila. Then, on September 3, PASOO held their 21st Annual Convention on “Curbing Unhealthy Risky Behaviors to Erase Obesity”. Experts from around the country spoke on pediatric obesity, as well as weight and nutrition management. Dr. NiCole Keith, associate professor at IUPUI and a member of the EIM Advisory Board, was invited to give the afternoon keynote presentation on “Addressing Health Disparities through the Exercise is Medicine Global Health Initiative”.

Exercise Referral Schemes

Utilization of a Free Fitness Center-Based Exercise Referral Program Among Women with Chronic Disease Risk Factors

Rates of physical inactivity are at an all-time high and are particularly higher in women, who are [less likely to engage in regular physical activity compared to men](#). One such approach that has shown to be effective in the promotion of increased physical activity is the use of exercise referral programs. In a referral scheme, [patients are prescribed exercise and then referred out to “third party” interventions to fill their exercise prescription](#). In a study looking at exercise referral schemes with adult female patients recruited from a community health center, the [success of an exercise referral scheme may be determined by appealing to the motivational intention of those being targeted for interventions, especially for those groups who are at particularly high risk](#).



This study demonstrates a two-pronged approach in increasing physical activity: through exercise and physical activity referral schemes that address chronic issues that also take into account the population and the needs of the surrounding community that will best assist in decreasing high rates of chronic disease.

To see the article, [click here](#).

Exercise Research in the News

Optimizing the exercise prescription for depression: the search for biomarkers of response

According to recent research, there is “[growing support for the efficacy of exercise interventions for the treatment of individuals who present mild-to-moderate depression](#)”. This study examined how exercise impacts certain biomarkers that are present in depressed individuals and how exercise plays a role in impacting their responses, specifically the body’s neurological inflammatory response in depressed individuals and the antidepressant response exercise has on those biomarkers. The study reported that depressed individuals tended to have “elevated levels of pro-inflammatory cytokines” and that when they exercised an anti-inflammatory response was observed (i.e., reduction in cytokines) suggesting that exercise plays an important anti-inflammatory role.

This study adds to the existing literature suggesting a promising role for using exercise as a treatment option for depression and should be strongly considered in all mental health treatment programs.



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

October is EIM on Campus Month!



Schools have already been sharing their upcoming plans for the month of October to celebrate EIM on Campus! At Illinois State University the president of the school has officially declared that October is EIM on Campus month. There will be many events planned to engage those on campus to become more active and work towards improving overall health. Some program details include assessments for different areas of health and fitness, such as body composition, flexibility,

cardiovascular health, and muscular strength and endurance testing.

A few campuses have already shared their plans. [Marshall University](#) hosted a series of events the week of October 5th to promote EIM that was open to the entire campus and surrounding community. [Illinois State University](#) President Larry Dietz officially declared the month of October Exercise is Medicine Month for their campus and would be hosting a number of events on campus leading up to their homecoming. Finally, a new campus to the program, [Mount Olive](#), officially proclaimed October as EIM-OC Month on their campus has planned to host many activities throughout the month and will be seeking to partner with community physicians in creating an exercise referral system to their campus.

We look forward to seeing what other campuses will be doing during [EIM-OC Month](#).

EIM Physicians – Tell Us Your Story!



EIM wants to hear from physicians and other health care providers on how they are implementing EIM in their health care setting? Are you a primary care doctor who is assessing your patient's physical activity levels? Are you a nurse educating patients on the health benefits of regular physical activity? Have you taken the EIM Pledge, bringing all or parts of the EIM Solution into your office? We would love to hear about what you are doing, your successes and challenges, in implementing EIM in real life practice!

Email us your story at eim@acsm.org.

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