

If this e-mail does not display properly, please [view our online version](#).



EIM Resources

The EIM Public Presentation



EIM is capturing the attention of healthcare providers, exercise professionals and the general public alike, all of whom are wanting to learn more about the initiative and get involved. However, readily sharing the message of EIM in a clear, concise manner can be challenging. In response to this, EIM has created a Public Presentation that individuals can download and use to share the message of the initiative with others! The presentation provides a convenient layout of the program that explains what EIM is and what it is doing. To download the EIM Public Presentation, [click here!](#)

Latest Research on Exercise as Medicine

Looking at an "Evidence-Based Exercise Intervention for Breast Cancer Survivors"

In an article published in the Journal of the National Cancer Institute (JNCI), a study investigated the impact of a physical therapy led exercise intervention, specifically strength training, on breast cancer survivors. The study comes as a result of the recommendations* for women diagnosed with breast cancer to seek regular exercise. While many are highly encouraged to engage in exercise, not many are actually referred to an exercise program (Beidas et al., 2014). Thus, researchers investigated the use of evidence-based exercise programming that could be implemented in community settings while maintaining participant safety and program efficacy. The intervention, Strength After Breast Cancer (SABC), was created and included a cohort of 84 breast cancer survivors who completed strength based exercises under the supervision of physical therapists. During the study, qualitative methods were used to identify any barriers to implementation. Results indicated the program to be a success and could be implemented in a community setting without any loss in safety or program efficacy (Beidas et al., 2014).

Barriers specifically related to its implementation were identified, such as the use of group formatting as a possible barrier to participant satisfaction, a need for more feasible payment formats, the need for a physical therapist "champion" to address administrative barriers, and the need for an active process within

the referral scheme (i.e., making follow-up phone calls with exercise programs). Overall, these barriers were seen as surmountable by the researchers and capable of being addressed in future programs.

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

**Recommendations based off of guidelines produced by three different national organizations. Refer to article link for further details.*

Reference:

Beidas, R. S., Paciotti, B., Barg, F., Branas, A. R., Brown, J. C., Glanz, K., ... & Schmitz, K. H. (2014). A hybrid effectiveness-implementation trial of an evidence-based exercise intervention for breast cancer survivors. Journal of the National Cancer Institute. Monographs, 2014(50), 338-345.

EIM Global News

EIM Australia: New resources for Aboriginal Health

EIM Australia has partnered with the Aboriginal Health and Medical Research Council (AHMRC) to develop a new fact sheet to assist health care workers and patients to understand the role of exercise in the management of Type 2 Diabetes in aboriginal and Torres Strait Islanders. It is available to [download](#) from the EIM Australia website.

The partnership between EIM Australia and AHMRC has supported the development of new resources and education for Aboriginal and Torres Strait Islanders, including more fact sheets and a new healthcare provider action plan.



This work is built on the foundation of a new updated workshop for Aboriginal health workers, allowing the delivery tailored education for Aboriginal health workers. Four of these workshops have already been delivered, with two more confirmed for 2015. Increased knowledge and understanding of the benefits of exercise is clear in evaluations, with numerous attendees identifying that they are now more confident to engage in a conversation about physical activity, and that they have access to resources to support long term behaviour change in their patients.

These exciting new resources will be released over the coming months.

October is EIM on Campus Month!

Celebrate EIM on Campus in the Month of October

Kick off the school year by promoting Exercise is Medicine® on your campus! Similar to Exercise is Medicine® Month in May, Exercise is Medicine® on Campus (EIM-OC) Month celebrates EIM among colleges and universities, promoting physical activity and celebrating the EIM movement across campus. Talk to campus administration, as well as your school's city and state elected officials and urge them to declare October as EIM-OC Month. To do this, request an EIM-OC Month proclamation from your president, provost, mayor or governor! Download our [toolkit](#) to find the proclamation as well as other ways to get involved this October!



Visit our website to learn more on how you can celebrate EIM on a campus near YOU!

Join the 3rd MEDICA MEDICINE + SPORTS CONFERENCE on 17th/18th November 2015 in Dusseldorf

Get insight into the newest approaches and technologies in sports performance and vital data monitoring and personalized training programs and equipment.

The 3rd MEDICA MEDICINE + SPORTS CONFERENCE is taking place on 17/18 November 2015 during MEDICA, the largest medical trade show in the world. The MEDICA MEDICINE + SPORTS CONFERENCE`s main objective is the interdisciplinary exchange between international sports medicine experts, professional athletes, the sporting goods and healthcare industry. Exercise is Medicine (EiM) is cooperation partner from the very beginning.

This cooperation platform was established in 2013 to foster new exchange formats, new sport medical therapies, and innovative products for prevention, recovery and population health management.

Connecting sports medicine and innovative technologies will result in new and breakthrough advancements. Discover new markets and get an insight into the latest innovations and cutting-edge products and technologies for prevention, therapy and recovery by joining the 3rd MEDICA MEDICINE + SPORTS CONFERENCE.

The focus of this year's conference is on creating and implementing new health and fitness guidelines, the latest innovations in monitoring vital data and sports performance, and personalizing individual programs for training and regeneration.

To find out about the detailed program, the speakers, as well as the participation opportunities by [clicking here!](#)

We are looking forward to seeing you in Dusseldorf!



Active Lives 2015: Transforming Our Patients and Ourselves

December 4-5, 2015 - Boston, MA

The Institute of Lifestyle Medicine (ILM) invites you to attend two special programs that offer the latest data, in-office techniques, and skills development workshops to help you drive more active, healthier behaviors in your patients: **Discounts apply when registering for both programs.** In addition, participation in *Active Lives 2015: Transforming Our Patients and Ourselves* will count toward the CME requirements to qualify for American Board of Obesity Medicine certification (60 hours total, at least 30 hours live).

Active Lives 2015:
December 4 - 5

Practical, evidence-based strategies and tools to get patients (and ourselves) to become and stay more active.

Pre-Course: Lifestyle Medicine for Children and Adolescents - December 3

Proven and emerging approaches to exercise, diet and weight control for younger patients.

Earn up to 27.75 AMA PRA Category 1 Credits™.

For the complete agenda and registration information for Active Lives 2015 click here: <http://bit.ly/1KplijA>

Early registration is strongly advised as space is limited and ILM courses fill quickly!

Tell Us Your Story!

Jahanara's Story

I medicate my broken vertebrate with Egyptian Dance. My L-3 vertebrate was fractured in a car accident in 1994. Fortunately, I was already an Arabic dancer, because I'm not as likely to do other, boring core muscle exercises. The dances from Northern Africa and the Middle East are an excellent core muscle exercise. One reason I know this is that, if I dance at least two hours a week, I forget about my car accident and my back.

When the summer or winter holidays hit, and I'm not dancing as much because of low enrollment and cancelled classes, I have to use prescription-strength pain medicine for my back pain. My teacher, who is in her sixties, medicates her arthritis with Arabic dance. Exercise IS medicine!



Photo
Credit: Everhart Photography in
Boise, ID



We are reaching out to individuals, groups and organizations to hear how Exercise is Medicine® has impacted your life. While we share our global story, we also want to hear yours as well! Email us at eim@acsm.org and tell us how EIM has impacted you or how you plan on making EIM a part of your local community! Keep an eye out - you may see your story appear in a future newsletter!

To learn more about the Exercise is Medicine® Global Health Initiative visit our website: www.exerciseismedicine.org.

401 W. Michigan St., Indianapolis, IN 46202
To unsubscribe from future emails, [click here](#).

