

EIM Emerging Leader



Name: Cherie D. Pettitt, EdD

**Exercise
is Medicine®**

Background:

BS in Physical Education (emphasis in Exercise Science), Minor in Business Administration (Minnesota State University Moorhead)

MS in Exercise Physiology (University of Utah)

EdD in Higher Education Administration (St. Cloud State University)

What is your current work position and title?

Assistant Professor, Exercise Science/Exercise Physiology

Department of Human Performance, Minnesota State University, Mankato, MN.

How and when was your interest in EIM initially sparked?

In 2007, I attended the ACSM Southwest Regional chapter meeting in October where Dr. Sallis introduced the Exercise is Medicine campaign. The EIM initiative sparked my interest due to its integration into healthcare and a focus on exercise as prevention and treatment.

How has EIM impacted you personally and/or professionally to date? What type of EIM related activities have you been involved with to this point in your career?

First, the EIM initiative was the impetus we needed for implementing PAVS into our EMR at Mayo Clinic Health System in Mankato, Minnesota. The PAVS has been part of the Mayo system for approximately four years in 4 clinics and is growing. Second, the initiative was the foundational piece of a new course I developed called *Exercise is Medicine* for our new M.S. program in Wellness Coaching and Disease Prevention. Lastly, our student EIM club together with the City of Mankato, the Mankato Marathon, and Mayo Clinic Health System developed *My Bold Walk*; a walk for those specifically with chronic disease and those who are sedentary that includes rest stops and a “walking buddy” for support.

How do you plan on promoting and advancing EIM as an Emerging Leader in the future?

I plan to promote and advance the EIM initiative by expanding the PAVS to other healthcare systems in my community and advancing the message of EIM throughout the community by expanding the *My Bold Walk* initiative (walk specific for those with chronic disease or those who are sedentary/beginning exercisers that has rest stops and provides a “walking buddy” for support). In addition, this year I hope to collaborate with the EIM leadership team in Johannesburg, South Africa as we plan to meet them in May 2016 on my annual study abroad to the region.

More specifically, I hope to have an impact on the following EIM initiatives moving forward:

- Expansion of PAVS in clinics
- Research the inclusion of a question on resistance training on PAVS related outcomes
- Impact health disparities through curricular pedagogy which includes anti-racism training for all of our exercise science/exercise physiology students
- Expand or enhance EIM international partnerships and lead a EIM national student study abroad initiative

