



Dr. Liz Joy

EIM Governance Board Chair

Liz Joy, M.D., FACSM

Affiliation

Intermountain Health

Vice President - EIM

Robyn Stuhr, M.A., ACSM-RCEP

Affiliation

American College of Sports Medicine

Host Institution – American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the largest sports medicine and exercise science organization in the world. With more than 50,000 members and certified professionals worldwide, ACSM is dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.



EIM Governance Board

Affiliation

Bob Boone, FACHE, FMFA

- President and CEO, Medical Fitness Essentials Consulting

Stacy Fischer, M.D., FAAFP, FACSM

- Clinical Associate Professor of Pediatrics, The Ohio State College of Medicine
- Division of Sports Medicine, Nationwide Children’s Hospital

Bruce Gladden, Ph.D., FACSM

- Professor, School of Kinesiology, Auburn University
- ACSM President

David Goodrich, Ed.D., M.S., M.A.

- VA Center for Evaluation & Implementation Resources (CEIR)

Stanley HUI, Ph.D.

- Professor, Chinese University of Hong Kong (International representative)

Carrie Jaworski, M.D., FAAFP, FACSM

- Director, Primary Care Sports Medicine Fellowship & Division Head Primary Care Sports Medicine, NorthShore University

Elizabeth A. Joy, M.D., M.P.H., FACSM

- Chief, Division of General Internal Medicine, Intermountain Healthcare

NiCole R. Keith, Ph.D., FACSM

- Associate Dean, School of Physical Education & Tourism Management, Indiana University-Purdue University of Indiana

Cathy Lisowski, M.S., CEP, NBC-HWC

- Clinical Manager, Cardiopulmonary Rehabilitation, Logan Health

Sandra Mahecha, M.D., Ph.D.

- Director of Physical Activity Promotion, Clinica Meds Chile (International representative)

Michael Pratt, M.D., Ph.D., FACSM

- Professor, Division of Global Health, University of California San Diego

Robert E. Sallis, M.D., FACSM

- Sports Medicine Physician, Kaiser Permanente Fontana Medical Center

2021 Goals

- Develop, update and share EIM resources to facilitate the adoption of EIM by health care providers and health systems, including EIM action guides and the Rx for Health series of patient handouts to align with 11th edition of ACSM's Guidelines for Exercise Testing and Prescription
 - Increase the value of EIM and the EIM Credential by providing and developing resources that are up-to-date, relevant, and easy to use – specifically a robust EIM online course
 - Respond to the COVID-19 pandemic by developing resources and blogs re: the importance of physical activity in managing health, preventing severe outcomes and mitigating infection risk.
 - Partner with health care professional organizations to advance the reach of EIM
 - Promote and spread EIM on college and university campuses to accelerate the adoption of physical activity and prepare future health care and exercise professionals to support EIM
 - Coordinate with like-minded national organizations such as the Physical Activity Alliance to advance regulatory and reimbursement changes that will promote EIM
 - Catalyze EIM-related research through the development of the EIM Research Learning Collaborative
 - Increase the impact of EIM globally by expanding the number of participating countries and enhancing the structure and organization of the EIM Global Health Network
 - Enhance the value of participating in the EIM Global Health Network by improving technical support and assistance, developing and sharing of resources, and increasing connectivity among members
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Accomplishments to Date

- Formally established the Exercise is Medicine® initiative in the spring 2007
 - EIM Global Network currently consists of 36 EIM National Centers
 - Partnerships with major health professional societies including the American Physical Therapy Association, American Association of Nurse Practitioners, American College of Lifestyle Medicine, North American Spine Society, Preventive Cardiovascular Nurses Association, and the Foundation for Physical Medicine & Rehabilitation
 - Comprehensive implementation of the EIM Solution in the Prisma Health-Upstate System ([EIM Greenville](#))
 - Integration of the Physical Activity Vital Sign (PAVS) in multiple health systems across the country (Kaiser Permanente California, Intermountain Health, University of Washington, University of Michigan, etc.)
 - Worked with EPIC, a major electronic medical record vendor, to bring the physical activity vital sign (PAVS) to the top of their SDOH section.
 - Development of more than 35 patient handouts as a part of the Prescription for Health series. Handouts are tailored for people across the lifespan or who for those with different health conditions. Handouts are in English and translated to Spanish.
 - Developed multiple other tools for public use including the Health Care Providers' Action Guide and the Exercise Professionals' Action Guide
 - Growth of EIM On Campus program to more than 300 campuses across the United States and around the world
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The logo for "Exercise is Medicine" features the word "Exercise" in a green, serif font with a blue ampersand. Below it, the words "is Medicine" are written in a green, sans-serif font. A registered trademark symbol (®) is located at the end of the word "Medicine".