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**Exercise is Medicine on Campus Recognizes Participating Colleges and Universities**

On May 29, Exercise is Medicine® officially recognized 24 colleges and universities participating in the EIM on Campus program. Universities and colleges participating in EIM on Campus promote physical activity as a vital sign of health to their campus community. The awards were given as part of the 2015 Exercise is Medicine World Congress, held in conjunction with the American College of Sports Medicine’s Annual Meeting.

“Each of these campuses has made a difference at their school by making health a priority,” said Dr. Carena Winters, chair of the Exercise is Medicine On Campus program. These college and university leaders are making movement a part of the daily campus culture and providing students the tools necessary to strengthen healthy physical activity habits that will benefit them throughout their life.”

“Since forming our leadership team, we have made great progress toward the program goal of ‘creating a campus culture that embraces physical activity as a daily facet of life,’” Dr. Crandall said. Some examples include:

\*Dr. Todd Misener and the WKU Health and Fitness Lab created a program to help initiate patient referrals and better communicate with Dr. Brian Macy and other physicians at WKU’s on-campus health provider, Graves-Gilbert Clinic.

\*Dr. Crandall partnered with the WKU ALIVE Center for Community Engagement to implement Bingocize®, a program that combines exercise and Bingo. More than 100 Exercise Science students and 140 older adults have participated in facilities throughout Western and Southcentral Kentucky.

\*Dr. Crandall partnered with Wade Pinkard and Human Resources on a pilot study to explore the feasibility of placing treadmill desks and standing workstations across campus beginning with six workstations and one treadmill desk.

\*Members of the Exercise Science Club have conducted fitness testing for a local youth organization, Light of Chance, for the past three years. They also helped implement a physical activity program called “Get Set Go!” that has involved 30 WKU students and 100 children.

Campuses earning recognition include:

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| Gold Level Recognition | Silver Level Recognition | Bronze Level Recognition |
| Auburn University | Florida Gulf Coast University | Georgetown College |
| California State University Long Beach | Georgia Southern University | Grand Rapids Community College |
| Michigan State University | Glendale Community College | Iowa State University |
| Slippery Rock University | Hong Kong University | Mesa Community College |
| University of Colorado, Colorado Springs | Illinois State University | Mississippi College |
| Western Kentucky University | North Carolina State University | Norfolk State University |
|  | Penn State | Salt Lake Community College |
|  | University of Connecticut | Sheridan College |
|  | Virginia Tech | William Paterson University |
|  |  |  |
| Gold Level Recognition | **Silver Level Recognition** | **Bronze Level Recognition** |
| Campuses have built a system where students may be referred to a fitness professional as part of medical treatment | Campuses are engaging students, faculty and staff in EIM education initiatives | Campuses are promoting and generating awareness of the health benefits of physical activity |

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