Exercise is Medicine (EIM)

Event Summary

MSU Partners:

Longest Student Health Center
Dr. Bob Collins – Director University Health Services
Dr. Joyce Yates – Director Health Education and Wellness

Kinesiology Department
Dr. Stan Brown – Department Chair Kinesiology

Sanderson Center and Recreational Sports
Laura Walling - Director Sanderson Center/ Rec Sports

Purpose of Program:

Exercise is Medicine is a national campaign of the American College of Sports Medicine. It is a call for physicians to prescribe exercise to patients for chronic disease treatment and prevention of disease.

EIM Protocol:

At MSU, the 5 physicians and 3 nurse practitioners of the Student Health Center will be prescribing exercise to patients (faculty, staff and students) by referring them to the MSU Sanderson Center or to begin a fitness regimen on their own (with the videos and instructions on the MSU Health ED website - www.health.msstate/health). The patient’s exercise habits will be tracked by the physicians in the same manner as drug treatments. MSU will be a leader in this “cutting edge” physician management/disease prevention tactic.

Students, Faculty and Staff Who Do Not Need a Physician’s Visit:

The students, faculty and staff at MSU who are healthy and do not need a physician’s visit may still participate in the Exercise is Medicine program. The exercise videos, maps of walking distances on campus, and fact sheets will be available to the entire MSU community by clicking on the EIM weblink at www.health.msstate/health. Also, the National ACSM EIM link is available to all (www.exerciseismedicine.org).

Quotes from Partners:

“There are few chronic diseases that cannot be improved by a regular exercise program. While Diabetes, Heart Disease and Hypertension are the ones most often mentioned, Arthritis, Obesity, Anxiety, and Depression are all improved with a regular exercise program. Regular exercise is a necessary component of any rehabilitation protocol whether it is for acute injury or chronic problems.”
- Bob Collins, M.D.

“Working with five physicians and three nurse practitioners at the MSU Student Health Center that are passionate about wellness and prevention is truly a rewarding and unique experience. I am fortunate to be a part of a group of professionals that understand the importance of exercise and nutrition for good health – not just an understanding of it, but an application of it. More physicians and health care professionals need to jump on the bandwagon of this preventive initiative. The result would be a healthier nation with a prevention mindset.”
- Joyce Yates, Ed.D.
“Exercise is more than medicine, it's life. Remember Einstein's equation, e=mc²? Well, I like this equation: L= MC² where L is Life, M is movement, and C is corpus (Latin for body). The message is clear: movement provides the body with benefits not two fold, but squared and even more than that, a multiplicity of benefits that makes living truly astounding.”
- Stan Brown, Ph.D.

“The Department of Recreational Sports offers a wide variety of programs, services and equipment that can be incorporated into an exercise prescription. Whether it's working out at the Sanderson Center, participating in a group exercise class, playing flag football, running the track, swimming, or shooting a round of golf; Rec. Sports can assist in meeting your prescription goals.

We look forward to being a partner with University Health Services and the Department of Kinesiology in this important campus initiative.”
- Laura Walling

Steps for Enrolling in EIM:

1. Go to the MSU Student Health Center for a wellness check up or an appointment.
2. The physician will prescribe exercise as a part of the visit (if applicable).
3. Begin an exercise program using the videos and instructions from exerciseismedicine.org (or)
4. Visit the Sanderson Center – receive a free one-month membership with the physician’s prescription if faculty or staff – if student, receive a free EIM towel when presenting the physician’s prescription.
5. The Sanderson Center will direct you to one of their fitness experts for an evaluation and an exercise program created specifically for you.
6. Your MSU Student Health Center physician will follow your progress on disease prevention via exercise.

If you do not need a physician’s visit, you can begin with step 3. However, faculty and staff who participate in the program will need the physician’s referral sheet in order to qualify for the free one month membership at the Sanderson.

Other Highlights of EIM at MSU:

- Mike Harris and MSU Parking Services have supported the EIM initiative by placing 100 EIM logo license plates on the MSU bicycles.
- The MSU Launch for EIM will be 9:00 a.m. on Wednesday, Sept. 9, in the front of the Colvard Student Union. We encourage walkers, runners, professionals, students and interested community members to attend.
- A question/answer session for EIM will be at 10:00 a.m. on Wednesday, Sept. 9, in the Fowlkes Auditorium of the Colvard Student Union. This will be the session for interested professionals and students who would like to be involved in the initiative in their community. National ACSM EIM personnel will be available for discussions.
- The luncheon for EIM will be held in the Colvard Student Union’s Bill Foster Ballroom (Salon M) at 11:30 a.m. on Wednesday, Sept. 9. The price of the meal is $15.00 – tickets are available from all partners.