

FOR IMMEDIATE RELEASE

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ACSM AND AMA EXPAND "EXERCISE IS MEDICINE™" PROGRAM

Action plan issued to incorporate physical activity into healthcare plans

INDIANAPOLIS – A week after launching Exercise is Medicine™, a new initiative designed to encourage physicians to counsel patients about physical activity and prescribe exercise, the American College of Sports Medicine (ACSM) and the American Medical Association (AMA) are reaching out to leaders at the national and state levels and supporting organizations.

The two organizations have issued a five-point action plan that will help Exercise is Medicine™, and the idea that exercise is an integral part of healthcare, be further implemented among physicians and the public. Specifically, ACSM and AMA will work with national and state leaders to:

1. Increase the number of physicians who are prescribing exercise and increased physical activity to their patients by expanding medical education about the health benefits of exercise, encouraging physical activity to be considered as a vital sign, and providing additional tools and resources for physicians to incorporate exercise into their everyday practice.
2. Build the science and evidence base connecting physical activity and health, and also the relationship between physical inactivity and chronic disease, and accelerate the transfer of this knowledge into medical practice.
3. Increase collaborations among physicians and exercise professionals to benefit patients for whom exercise and increased physical activity can prevent, treat, or manage chronic diseases.
4. Educate the public on the health benefits of exercise and physical activity, and encourage patients to talk to their physician about their physical activity needs.
5. Encourage even greater leadership and action by organizations and individuals – at both the national level and in each state – to make commonplace and effective the discussion between physician and patient about physical activity and health.

The goal of the Exercise is Medicine™ program is to encourage physicians to record physical activity as a vital sign during patient visits. Able patients will be advised to participate in at least 30 minutes of physical activity and 10 minutes of stretching and light muscle training five days a week.

"Physical inactivity is one of the most critical public health problems of our time, and Exercise is Medicine addresses that head-on," said Robert E. Sallis, M.D., president of ACSM. "Launching this program is just one milestone in a long road, and from here, our action plan addresses how to refine the trusted relationship between physician and patient so that improved health through exercise has the same stature as any other pharmacological intervention."

"Regular exercise can provide tremendous health benefits, but more than half of Americans don't get enough physical activity," said AMA President Ronald M. Davis, M.D., FACPM. "We encourage patients and physicians to work together to incorporate physical activity into a patient's daily routine and better protect their health."

Already more than 25 national medical, health, fitness and wellness associations and organizations have signed on to support Exercise is Medicine™. Please visit the initiative Web site—www.exerciseismedicine.org—for a full list of supporting organizations (to-date).

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About the American College of Sports Medicine

The [American College of Sports Medicine](#) is the largest sports medicine and exercise science organization in the world. More than 20,000 international, national, and regional members are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine.

About the American Medical Association

The American Medical Association (AMA) helps doctors help patients by uniting physicians nationwide to work on the most important professional, public health and advocacy issues in medicine. Working together, the AMA's quarter of a million physician and medical student members are playing an active role in shaping the future of medicine. For more information on the AMA, please visit www.ama-assn.org.

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