

Exercise is Medicine[®] 2020 Report

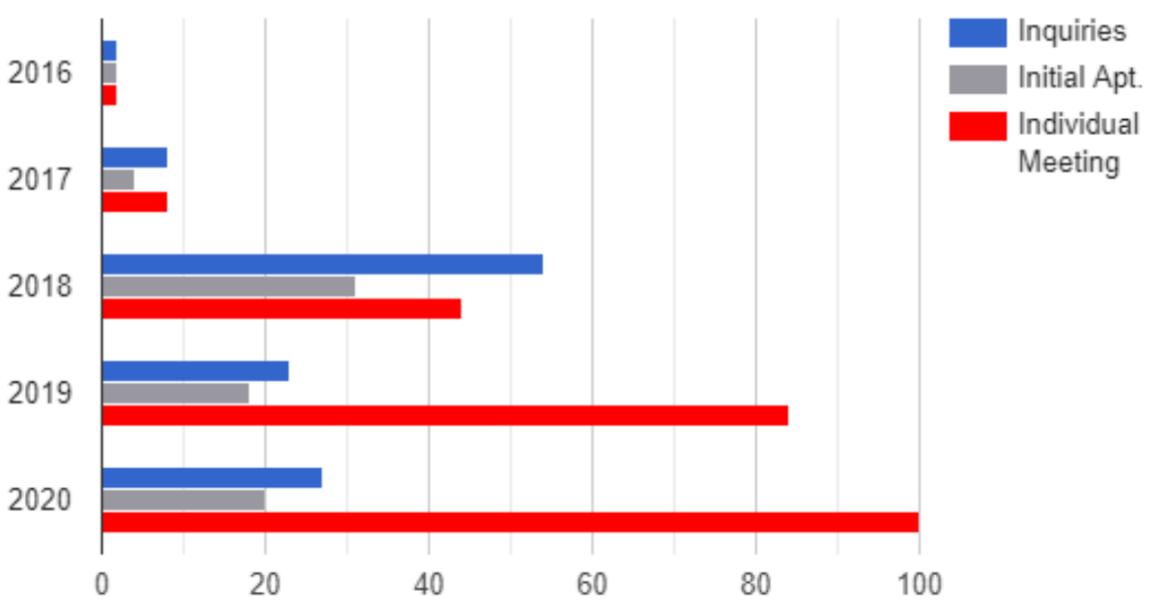
On Campus

Program Overview



Exercise is Medicine on Campus began at UWG in 2015 and has achieved significant growth, both in participants and services. In 2020, we were recognized as a Gold Level Campus from ACSM for the 6th year in a row and added a number of additional services, including an educational video series, live virtual lunch-n-learns, a social media activity challenge, and virtual personal training. Our goal is to continue helping students engage in regular physical activity to improve their health by offering innovative and accessible opportunities, both virtually and in-person.

Participants Inquiries and Meeting Tracking



Participant Results

EIM participants complete a biometric screening and fitness assessment at the beginning of the program. After completing the six exercise session series, a post-assessment is completed to measure and track progress. Typically, the time between pre- and post-assessment is 6-8 weeks.

BLOOD PRESSURE

75% lowered blood pressure

RESTING HEART RATE

50% lowered resting heart rate

BMI

75% lowered body mass index

AEROBIC FITNESS

100% improved cardiovascular endurance

measured by post-exercise heart rate and rating of perceived exertion

MUSCULAR ENDURANCE

75% improved muscular endurance

measured by maximum repetitions of bodyweight squats, push-ups, and curl-ups in a minute

