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.

Program Overview

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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.

- **Resting Heart Rate**: 50% lowered resting heart rate
- **Blood Pressure**: 75% lowered blood pressure
- **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