

7-24-2015

Health & Kinesiology News

Georgia Southern University

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/health-kinesiology-news-online>

Recommended Citation

Georgia Southern University, "Health & Kinesiology News" (2015). *Health and Kinesiology, Department of - News*. 2.
<https://digitalcommons.georgiasouthern.edu/health-kinesiology-news-online/2>

This article is brought to you for free and open access by the Health and Kinesiology, Department of - Publications at Digital Commons@Georgia Southern. It has been accepted for inclusion in Health and Kinesiology, Department of - News by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.

Exercise is Medicine on Campus Recognizes Participating Colleges and Universities

July 24, 2015

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."

The team at Georgia Southern University including faculty from the College of Health and Human Sciences, the Jiann-Ping Hsu College of Public Health, as well as staff from Georgia Southern University's Health Services and Campus Recreation Intramurals have worked closely together to achieve the silver status. There are many services and activities on campus to promote physical activity and exercise. Georgia Southern's Health Services, under the leadership of Dr. Brian Deloach, has really put forth a great effort to refer our students to physical activity outlets in order to address their overall health. "I'm proud to be a part of this University that makes our students' health and wellbeing a priority," said Dr. Bridget Melton, Physical Activity and Healthful Living Director and Associate Professor of Physical Activity. "Our campus is doing an excellent job of collaborating among the different units to promote health and exercise for our Georgia Southern University community which is what this award denotes."

Campuses earning recognition include:

| 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

Campuses have built a system where students may be referred to a fitness professional as part of medical treatment

Silver Level Recognition

Campuses are engaging students, faculty and staff in EIM education initiatives

Bronze Level Recognition

Campuses are promoting and generating awareness of the health benefits of physical activity



Posted in [H&K News and Announcements](#)