

# College of Health Professions News

April 2, 2019

Georgia Southern University

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# Exercise is Medicine On Campus Names Georgia Southern Gold Level Campus

April 2, 2019



For the second year in a row, Georgia Southern University has been recognized as a Gold Level Campus by Exercise is Medicine® on Campus (EIM®-OC) for the University's diligence to make physical activity a standard on campus.

The program was launched in 2014 to honor campuses for their collaborative effort to promote physical activity. "The Waters College of Health Professions along with Health Services and Campus Recreation and Intramurals have made a concerted effort to promote physical activity on campus by having a required wellness and physical activity program, having outstanding programming offered by the Recreational Activity Center and using biomarkers as a processing checkpoint at Health Services," stated Bridget Melton, professor of kinesiology. "Brian Deloach, M.D., and the Health Services staff have been real champions of making sure every student who is seen at Health Services is asked about their physical activity and provided follow-up consultation if needed."

In addition to the University's efforts, the Southern Exercise Science Club (SESC), open to exercise science majors on Georgia Southern University Statesboro Campus, promotes physical activity on campus by planning and implementing the campus wide activity campaign, Get off the Bus Gus and Walk for Your Health. The campaign, which runs annually during Exercise is Medicine week in October, sets out to encourage individuals to promote health and wellness on the Statesboro Campus by walking to their destination instead of riding the bus. Assistant Professor of Kinesiology and faculty co-chair of SESC, Greg Ryan, Ph.D., noted "It's great to see how involved our students get with this campaign; it takes a lot of planning on their parts and last year, they were able to secure internal funding to help with the project."

On May 30, 2019, Georgia Southern will be honored at a special EIM®-OC recognition session during the 2019 American College of Sports Medicine (ACSM) Annual Meeting in Orlando, Florida.

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