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Georgia Southern Named Gold Campus

July 1, 2021

Exercise is Medicine® 2021 Gold Campus

For the fourth consecutive year, Georgia Southern University has been recognized as a Gold Level Campus by Exercise is Medicine® on Campus (EIM®-OC) thanks to collaborative efforts between the Waters College of Health Professions, Health Services and Campus Recreation and Intramurals (CRI). Eligibility to receive gold, silver or bronze status is based on activities related to physical activity promotion, education and EIM integration into campus health services.

“Maintaining Gold Level status is a campus-wide effort,” stated Bridget Melton, Ed.D, professor in the Department of Health Sciences and Kinesiology. “Normally, each October during Exercise is Medicine Month, the university hosts campus-wide activities, but unfortunately COVID put a stop to that this year.”

Even with numerous obstacles, the efforts of CRI, Health Services and the Waters College of Health Professions continued their diligence to make physical activities a standard on Georgia Southern University campuses.

“CRI offered physical activity opportunities on campus, Health Services played a key role in prescribing medication and the Waters College of Health Professions provided physical activity education.”

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