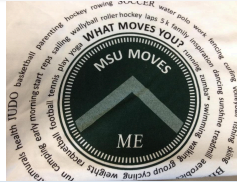
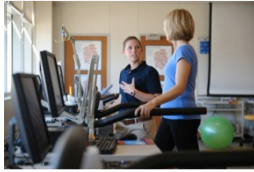


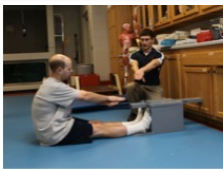


# Ideas to get started

- **Add the EIMC logo to advertisement materials**
  - Create exercise brochures for physician waiting rooms
- **Pedometer Challenge- Goal: enough steps to climb Mount Everest**



- **Fitness assessments for Faculty, Staff, and Students**
  - Plan a 5K
- **Invite an exercise enthusiast to speak at a brown bag lunch**
  - During lunch hour invite participants to walk



- **Online tracking system to log exercise**
  - Free Bikes- Participants can ride a bike to their destination and leave it there for the next person to use
  - **Referral system from the health center to RecSports/Kinesiology**
  - Free t-shirts with the Exercise is Medicine logo to help raise awareness

What if there was **ONE prescription** that could **prevent and treat** dozens of diseases, such as diabetes, hypertension, and obesity?  
 - Roberts E. Sallis, M.D., FACSM