

Exercise is Medicine on Campus® (EIM-OC) Mentoring Grants

Applications are now being accepted for the Midwest ACSM EIM-OC Mentoring Grant Awards

Background

The [Exercise is Medicine on Campus® \(EIM-OC\) initiative](#) encourages students, staff, and faculty to work together to improve the health and well-being of their campus community. Colleges and universities are recognized via bronze, silver, and gold-level EIM-OC designations for their efforts to communicate the benefits of physical activity, provide physical activity education and resources, and implement physical activity as a vital sign in campus and/or community health centers. Currently, Midwest ACSM has 27 schools that have recognized EIM-OC programs with 10 of these being gold-level campuses. This ranks in the top 3 when compared to other ACSM Chapters. Given the current health and economic burden of physical inactivity, there is still more work to be done to promote and facilitate physical activity in our region as only ~50% of schools involved in Midwest ACSM have a recognized EIM-OC program. The [long-term goal](#) is to have all schools within the region designated as [bronze, silver, or gold-level EIM-OC campuses](#).

Mentoring Grants

A school seeking to develop an EIM-OC program or enhance their current EIM-OC program (i.e., mentee) will receive guidance from a school with an established EIM-OC program (i.e., mentor). For each EIM-OC Mentoring Grant (\$750), the mentee and mentor schools will receive \$500 and \$250, respectively. The expectation is that the mentee school, with guidance from the mentor school, would start a new EIM-OC program or move to the next recognition level. For example, the mentor school will help the mentee school form an EIM-OC leadership team, develop an initial budget, share best practices, and identify ways to promote and/or facilitate physical activity on campus and/or within the community. Mentee schools will be assigned a mentor school after they have applied for the award. Note that grant funds can be used for EIM-OC related promotion and implementation. The best proposals will demonstrate the potential to enhance health and well-being on the mentee school campus. Mentee schools will be paired with a mentor after awards are announced.

Application

EIM-OC Mentoring Grant Applications should include the following:

- 1) School information - school contact information
- 2) Action plan - describing the proposed EIM-OC goals and work
- 3) Budget - proposed budget and budget justification

September 1	Submissions open
December 5	Submissions closed
January 15	Awards announced

*For general questions, contact Midwest ACSM Exercise is Medicine® Committee members Steven Elmer (sjelmer671@stkate.edu) or Elise Brown (elisebrown@oakland.edu). For EIM-OC related information and resources visit the [Exercise is Medicine website](#).

Awards

For each EIM-OC Mentoring Grant awarded, the mentee school will complete the proposed work (with guidance from their mentor) by December 2026. The mentee will also highlight their efforts at the “Health Initiatives Showcase” during the 2026 Midwest ACSM Annual Meeting in Grand Rapids, MI.

Submission Deadline

Applications are due **5pm EST on December 5** and can be emailed as a PDF to sjelmer671@stkate.edu.