

RESOURCE HIGHLIGHT: EXERCISE IS MEDICINE

Exercise is Medicine (EIM) is a global health initiative that is directed by the American College of Sports Medicine. EIM aims to promote physical activity as a standard of clinical care for people everywhere and of all abilities. [Exercise is Medicine on Campus](#) is a collaborative effort between the School of Public Health, University Health Services, Rec Sports, and the Department of Physical Education that aims to reduce the barriers students come across when trying to exercise. They support students in helping connect them with campus programs, and supporting their engagement with physical activity in order to improve their physical and mental health.

Students can be referred to the program by their clinicians at University Health Services. The program includes an orientation to physical activity resources on campus, 1 on 1 health coaching, and fitness consultations with a personal trainer at RSF. Students can also refer themselves to the program by meeting with a [wellness health coach](#).

Exercise is Medicine also offers a Decal course. The course provides students with more information about the organization, covers topics relating to exercise and medicine, and offers interactive class meetings where students have the opportunity to put what they learn into practice. As someone who has taken the course, I highly recommend it! They also bring in professionals who work in fields relating to exercise and medicine (such as physical therapists, sports medicine doctors, and wellness coaches) to talk to students about what jobs in these fields look like. If you have any questions about the Decal you can email berkeleyimocdecals@gmail.com for more information.