

Exercise as Medicine for People with a Substance Use Disorder:

Consensus Statement for the American College of Sports Medicine



At-a-Glance

What is an ACSM Consensus Statement?

ACSM Consensus Statements share an overview of the available evidence related to a topic of high importance, as well as expert consensus on the subject.

What is covered in this statement

Published in the February 2024 issue of *Current Sports Medicine Reports (CSMR)*, “Exercise as Medicine for People with a Substance Use Disorder: An ACSM Call to Action Statement” highlights needed changes in our approach to exercise as a substance use disorder intervention. Read the authors’ five specific calls to action at the right.

Main conclusions

1. Increase exercise research breadth and depth among people with a substance use disorder (SUD).
2. Adapt current ACSM Exercise Testing and Prescription Recommendations for people with SUD.
3. Develop specialized training programs for exercise professionals working with people with SUD.
4. Increase awareness of stigma associated with a diagnosis and treatment of SUD and co-occurring chronic pain and mental health disorders.
5. Develop and disseminate a toolkit for integrating exercise into treatment programs for people with SUD.

Read the full Call to Action in [CSMR](#).

