



2022 EIM North American Emerging Leader Program

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Description

With the rapid growth and increasing popularity of Exercise Is Medicine® (EIM), new leaders are needed to promote the EIM initiative at regional, national and international meetings and events, as well as provide technical assistance for fellow researchers, health systems and community leaders, and to serve in future leaderships positions within the initiative. The EIM Emerging Leader Program is a project of the American College of Sports Medicine® (ACSM) to promote the development of new EIM leaders in North America. The two-year program will provide detailed training to a select group of individuals on all aspects of the EIM initiative, including integrating physical activity in health systems, research and evaluation, the EIM Global Network and ongoing programs such as EIM On Campus and the EIM Credential. Individuals participating in the EIM Emerging Leaders Program will be trained to serve as spokespeople for the EIM initiative, provide conference presentations and symposiums, and disseminate information to expand the reach of the initiative.

Objective:

To identify, develop and train emerging leaders who will promote EIM through outreach strategies and provide technical assistance throughout the United States and Canada. Our long-term objective is to develop leaders who will spearhead committees, working groups and initiatives to expand EIM's reach and impact.

Program leads:

- Robyn Stuhr, M.A., ACSM-RCEP
Vice President, EIM, ACSM
- Carrie Jaworski, M.D.
Northshore University Health Systems



Jessica F. Butts, M.D.
Assistant Professor,
Milton S. Hershey Medical Center,
Penn State University

Jessica F. Butts, M.D., earned her medical degree at the George Washington University in Washington, DC. She completed a residency in family medicine at Tufts University in Boston and a sports medicine fellowship at Indiana University in Indianapolis. She currently works at Penn State Milton S. Hershey Medical Center, where she practices both inpatient and outpatient family medicine, as well as sports medicine at the Bone and Joint Institute. She has provided sideline and training room care for numerous professional and NCAA Division I, II and III athletic teams. She currently serves as the head team physician for Annville-Cleona High School, and the Harrisburg Heat and as the assistant team physician for the Hershey Bears Hockey Club.

Jessica has a special interest in EIM, specifically its clinical implementation at Penn State, where she was able to successfully implement a Physical Activity Vital Sign (PAVS) into the EMR in 2020. She continues to work towards operationalizing use of the PAVS into standard workflow in the ambulatory care setting at Penn State while working with colleagues to build a Physical Activity Consultation Clinic as a resource for local and regional health care providers to deliver individualized exercise counseling for referred patients who have interest and motivation in increasing their physical activity levels.



Melody Kramarz, M.S., CPT
Owner, MAKfit

Melody Kramarz, M.S., CPT, CES, is a personal trainer, corrective exercise specialist and business owner, and recently attained her master's degree in kinesiology from the University of Connecticut. During her master's studies, she completed a randomized controlled trial comparing the Physical Activity Guidelines for Americans to the Move Your Way Campaign suggestions in search of the most effective prescription for increasing activity among inactive college students.

Melody now owns an online fitness consulting business, MAKfit, where she provides behavioral counseling and personalized exercise plans for healthy people and people with chronic health conditions. MAKfit uses an EIM approach through which wellness centers refer their clients to Melody for personal training. Her career goals focus on creating greater adherence to exercise guidelines and providing exercise prescriptions to people with chronic diseases. Melody's long-term professional mission is twofold: (1) to utilize telehealth exercise counseling as preventive and curative global health care and (2) to educate personal trainers on exercise for chronic disease management.



Lia Lansky, M.S., MHA
Program Director,
Baptist Healthcare

Lia Lansky, M.S., MHA, has a master's in exercise physiology from the University of Wisconsin-La Crosse and holds the ACSM Clinical Exercise Physiologist® certification and EIM Credential. She works for Baptist Healthcare and has been tasked with the mission of establishing the first Wellbeing Program specifically designed for Baptist team members. Lia has experience in multiple facets of the fitness industry, including work in hospital, health club, corporate fitness and spa settings.

She hopes to create a framework within which medical providers can have an honest and effective conversation with their patients regarding physical activity. She hopes to mainstream important prevention tactics into each encounter. Her long-term goal is to ensure she has the education and skills needed to train and inspire the next generation of professionals in the fields of exercise science, physiology, health promotion and nutrition.



Taniya Nagpal, Ph.D.
Assistant Professor,
Faculty of Kinesiology,
University of Alberta

Taniya Nagpal is an assistant professor at the University of Alberta in the Faculty of Kinesiology, Sport and Recreation. Her research program includes exploring health-related stigmas, such as weight and obesity stigma, in the reproductive years and the relationship with health outcomes and behaviors, such as physical activity. Her research includes designing and testing inclusive physical activity interventions in the reproductive years, applying evidence-based and person-informed behaviour change strategies to improve adherence.

Taniya was involved with EIM Canada as a graduate student at the University of Western Ontario, where she chaired the EIM On Campus program and founded the EIM Canada Student Research Conference. She went on to establish the EIM Canada On Campus National Executive Team and has served as a liaison to the EIM Canada National Advisory Council for the past four years. She is now taking on the role as co-director of EIM Canada with the goal of continuing to leverage EIM as an opportunity for student leadership, building collaborations between prospective health and exercise professionals, and advancing access to physical activity for all populations.



Amy Rantala, M.D.

Department of Orthopedics and Sports Medicine,
Mayo Clinic Health System
(Eau Claire, Wisconsin)

Amy Rantala works at Mayo Clinic Health System in Eau Claire, Wisconsin, in the Department of Orthopedics and Sports Medicine as a primary care sports medicine physician specializing in non-operative treatment of musculoskeletal conditions. She works with athletes to treat and prevent injury and to return these patients as quickly as possible to full function. Amy also serves as team physician for the UW- Eau Claire BluGolds; co-chair of Women In Leadership, Medicine, and Academics (WILMA) for 2023; site lead for Point Of Care US in the Department of Orthopedics; and physician lead of the Concussion Program. Over time, she has seen her practice change to be reactive to the chronic medical conditions plaguing society.

Amy learned about EIM years ago at a family medicine conference. The concept dovetailed into her personal values and priorities for health care. EIM has provided her a well-organized platform for discussion and action planning with her patients.



Amy Valasek, M.D., M.S.

Associate Professor,
Department of Pediatrics,
Ohio State University College of
Medicine;
Physician, Nationwide Children's
Sport Medicine

Amy Elizabeth Valasek is a physician for Nationwide Children's Sports Medicine and associate professor in the Department of Pediatrics at The Ohio State University College of Medicine. She is fellowship trained and board certified in sports medicine. Amy attended medical school at the University of Maryland and then completed her residency at Johns Hopkins Hospital (Department of Pediatrics) and sports fellowship at University of Maryland in Baltimore (Department of Family Medicine). She is a member of ACSM, the American Academy of Pediatrics and the American Medical Society for Sports Medicine. Amy is active in the community, teaches group fitness classes weekly and serves as team physician for the New Albany Plains local school football team.



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