

From Evidence to Action: Bringing Exercise is Medicine (EIM) to Your Country



In 2007, the American College of Sports Medicine (ACSM) launched Exercise is Medicine (EIM) with the vision of making physical activity (PA) assessment and promotion a standard in clinical care, connecting people of all abilities to evidence-based physical activity resources. To learn more about EIM, visit [our website](#).



The EIM Global Network

From its start in the United States, global interest led to the development of the EIM Global Network and >30 EIM 'National Centers'.

What is an EIM National Center?

- An extension of the EIM Global Network responsible for coordinating EIM efforts in a country
- Leading PA integration in health settings to connect patients to community resources
- Adapting the EIM model to local context, language, culture, and healthcare systems
- Guided by the core values of: multidisciplinary collaboration, inclusivity, communication, passion for advancing PA promotion in healthcare

What is the structure of an EIM National Center?

- Supported by a host institution (e.g., a university, health professional society, hospital)
- Led by a director and manager, guided by a multidisciplinary advisory board (e.g., healthcare, public health, exercise professionals, and government representatives)
- Organized into committees and working groups (e.g., clinical practice, education/training, community engagement)

Examples of EIM National Center Activities

- Develop strategic plan with short- and long-term goals
- Advance integration of PA assessment, promotion, and referral in health systems
- Lead education and training initiatives
- Build community partnerships
- Support policy and advocacy efforts to scale national impact

Why join the EIM Global Network?

- Be part of a global initiative coordinated by a leading sport and exercise medicine society
- Receive technical support, tools, and implementation assistance
- Connect with like-minded leaders regionally and globally
- Drive change and impact in your national healthcare systems!

Suggested next steps

- Determine whether an EIM National Center [exists in your country](#); if not, register an [expression of interest](#) to start the process.

We look forward to hearing from you!