



### Mission and Vision Statement

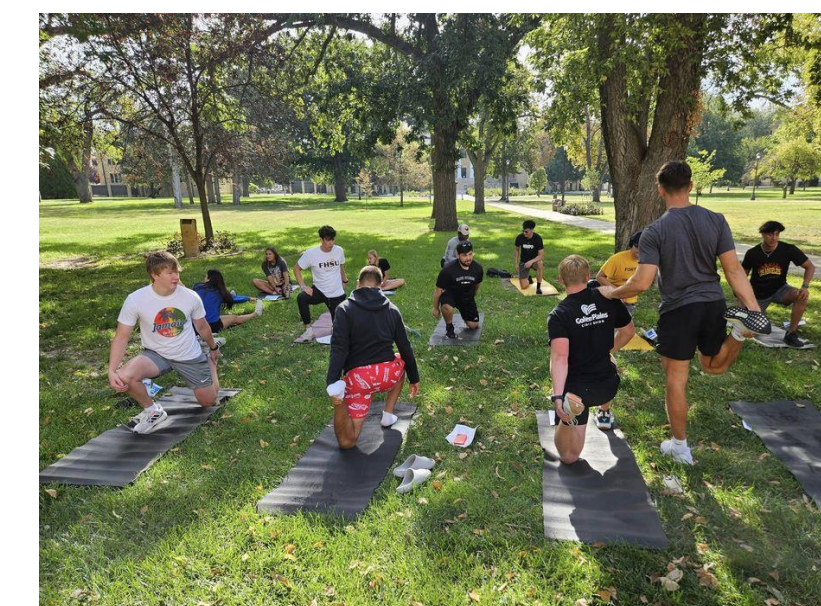
The **mission** of EIM-OC is to foster collaborative relationships and leadership on campus between exercise, health, and other disciplines that support the EIM-OC vision and goals.

The **vision** of EIM-OC is to see all campus and community members across multiple disciplines discover, share, and adopt the principles of EIM-OC that will help change the culture of chronic disease prevention and management campus-wide.



### Grounded in Scientific Research and Overcoming Barriers

Each event was grounded in different aspects of health promotion. Nutrition, aerobic fitness, stretching, and mental health were a few of the many concepts covered, backed by published research. Students tailored events to help the priority population overcome barriers that prevent them from exercising, such as time, lack of knowledge, and location. This style of thinking prepares students to overcome obstacles in a professional setting.



### Mutual Benefit of EIMOC

- This program is a chance for HHP students to be career-ready in communication, presentation skills, and information dissemination.
- It directly affects the priority population (students and faculty) by providing them with education and opportunities to pursue health.
- There is an opportunity to fail within a safe environment within this course if things don't go exactly as planned.
- Student mentors within the program receive internships and experience working in a fast-paced professional teaching and health promotion field.
- This project allowed faculty and staff to interact with more students on campus.

# Exercise is Medicine – On Campus

### A Student-Led and Student-Centered Program

Exercise in Medicine requires direct peer-to-peer input for its success. Students collaborated on finalizing educational programs, event itineraries, and event promotion. Classmates even aided in running popular events or confirming event spaces. The entire class is a group effort, where students are supported by each other for every endeavor. The program focused on providing education about health topics to increase public awareness and competence. Events were easily accessible, had low commitment, and were fun thereby increasing the autonomy of exercise participation. The goal was to bring the campus together by inviting friends and different groups to participate.

## Objectives

Promote physical activity as a vital sign of health

Provide students the tools necessary to strengthen healthy habits that last

Make movement a part of daily campus culture

### A Students Perspective-

"When organizing Exercise is Medicine events we need to have good communication skills, leadership skills, and behave professionally. We learned the importance of communication when coordinating with multiple buildings across campus. This project taught us how to ask for help from organizations in the community. We built skills in articulating what Exercise is Medicine's objectives were and how the event aligned with promoting them. EIM-OC led us to make multiple connections with people we would not have communicated with otherwise. We have connected with the National Alliance on Mental Illness, the Humane Society of the High Plains, Well Tiges, Fraternities & Sororities, sports teams, student clubs, the food pantry, and legal department. EIM-OC not only got students physically active across campus- but also got students active in the community and prepared for post-graduate life." -Kalinn Baumgartner (Dogs on Campus event).

