FIVE THINGS YOU SHOULD KNOW ABOUT USF’s EXERCISE IS MEDICINE ON CAMPUS (EIMOC)

University of San Francisco

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1. **WHAT IS EIMOC?** The American College of Sports Medicine and the American Medical Association co-founded the Exercise is Medicine (EIM) initiative in order to promote physical activity. Exercise is Medicine on Campus (EIMOC) was created to focus these efforts on students, faculty and staff on college campuses (1).

2. **Why IS EIMOC important?**
   According to EIMOC, 46 percent of Americans do not engage in the recommended 150 minutes of moderate-intensity physical activity per week (2). Physical activity can improve health, reduce stress and anxiety in college students, faculty and staff.

3. **WHEN Did USF get involved with EIMOC?**
   The University of San Francisco became officially registered as an EIMOC campus in Summer 2021.

4. **Did you know October is officially EIMOC Month not only at USF but in the entire city of San Francisco?**
   Our EIMOC student representatives reached out to secure a Proclamation from Mayor London Breed which officially announced that the entire city of San Francisco is observing October as “EIMOC month”!
5. **How can I find out more about EIMOC at USF?**
   - Check out our EIMOC display at Gleeson Library designed by Master of Public Health student Case Vanderbilt
   - Want to join our committee as a faculty, staff or student member? Contact the EIMOC co-advisors Dr. Sarah Camhi scamhi2@usfca.edu or Dr. Stephanie Cooper slcooper@usfca.edu for more information!

Proclamation from Mayor London Breed declaring October is EIMOC month in San Francisco
EIMOC Student member Case Vanderburg at the Gleeson Library EIMOC Display

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