

Exercise is Medicine® On Campus (EIM-OC): Building a Sustainable Culture of Health at Cal Poly Humboldt

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*College of Professional Studies Scholar Program Awardees



Sustaining a Culture of Health

- Initiative of the American College of Sports Medicine (ACSM)
- Positions physical activity as a vital sign of health
- Integrates movement into daily student life



Impact in 2026

- Weekly 5K Run/Walk participation
- Personalized exercise referrals implemented
- Increased student engagement initiatives
- Expanded access to health assessments

Student Engagement & Applied Practice

- Health and fitness assessments
- VO₂max and physiological testing
- Exercise prescription and monitoring
- Peer-led physical activity initiatives



Why It Matters?

- Only ~46% of college students meet physical activity guidelines (ACSM, 2024)
- Physical inactivity is a major risk factor for chronic disease
- Regular physical activity supports mental health and academic performance



Program Recognition

- 4 Consecutive Years – Gold Level Recognition (2023–2027)

*Cal Poly Humboldt is among a select group of institutions globally recognized for sustained excellence in promoting physical activity as a core component of campus health.



Get Involved

- Join the 5K Run/Walk
- Get a free screening
- Volunteer with EIM-OC
- **Join us**
 - Mondays
 - KA Lobby
 - 12:00–12:50pm

ACSM
**EXERCISE IS
MEDICINE®**
On Campus

Full Student
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