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Exercise is Medicine Month 2010: Help Make It Happen!

Exercise is Medicine Month was launched in 2008 to celebrate May as the special recognition month for Exercise as Medicine.

It is a time for physicians, health and fitness professionals, the public, and supporting organizations and constituents to recognize, emphasize and celebrate the valuable health benefits of exercise on a larger scale.

Dear Doctor and Health Care Professional

Exercise is Medicine is an initiative of the American College of Sports Medicine. The vision is to make physical activity and exercise a standard part of disease prevention and treatment.

Last year Doctors and Health Care Professionals in 25 states and seven cities around the world celebrated the inaugural Exercise is Medicine Month by ensuring that every patient consulted in the month of May was referred for Exercise / Wellness Consultation.

I am seeking your support to recognize and proclaim May 2010 as Exercise is Medicine Month throughout the Medical Centre and or Hospital. Exercise is Medicine Month is a program to recognize the initiatives, principles of a healthy lifestyle and to encourage the public to lead a healthier, more active lifestyle throughout the month of May.

I hope you will join me in supporting Exercise is Medicine by proclaiming May 2010 as Exercise is Medicine Month at your practice by encouraging ALL PATIENTS to consult us as Wellness Practitioners to help them on the road to a healthier lifestyle.

I will be sending easy tips throughout the month to help you.

Thank you for your time and look forward to working with you.

Kind Regards

Tas Chetty