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Ouachita named Arkansas' only Exercise is Medicine campus

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For immediate release

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For more information, contact OBU's news bureau at newsbureau@obu.edu or (870) 245-5208.

ARKADELPHIA, Ark. — Ouachita Baptist University recently was named an Exercise is Medicine Silver Level Campus for its commitment to creating a culture of wellness on campus. It is the only university in the state and one of only 15 universities in the nation to achieve this honor for 2016.

Ouachita's Exercise is Medicine efforts are coordinated through its Department of Kinesiology and Leisure Studies. Dr. Terry DeWitt, chair of the department, accepted OBU's recognition at the annual EIM meeting in Boston in June.



Figure 1 Dr. Terry DeWitt, center, accepted OBU's recognition as an Exercise as Medicine Silver Level Campus.

"Ouachita was one of the first universities to receive this accreditation through the American College of Sports Medicine," DeWitt noted. "It reflects great credit on our faculty, students, administrators and supporters of our academic program."

Exercise is Medicine is a global health initiative co-launched by the American Medical Association and the American College of Sports Medicine. The initiative seeks to highlight the scientific benefits of physical

activity for public health through integration into the health care field and public awareness.

“EIM On Campus is recognizing our department and the dedication we have given to incorporating exercise as a ‘medicine’ in the prevention of obesity and other metabolic syndrome diseases,” DeWitt added.

“From all of the EIM-OC Advisory Group members, we thank you for your hard work and diligence in bringing EIM to your campus,” said Jennifer Pesarchick, Exercise is Medicine program coordinator, in an email to DeWitt. “We are excited to see your campus' growth and pursuit in making physical activity a standard on your campus!”

Ouachita’s EIM efforts are a special focus of the Department of Kinesiology’s fitness and pre-professional studies emphases. In addition to fitness and pre-professional studies, the department offers emphases in recreation, teaching and recreation & sports ministry.

For more information, contact Dr. Terry DeWitt at dewittt@obu.edu or (870) 245-5264.