

Founded in 1954

# AMERICAN COLLEGE of SPORTS MEDICINE®

**Mission Statement:** The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.

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**ACSM's 14th Health & Fitness Summit & Exposition**  
April 7-10, 2010  
Austin, Texas

**ACSM's 57th Annual Meeting and World Congress on Exercise is Medicine™**  
June 2-5, 2010  
Baltimore, Maryland

**Americans are searching for health care proposals that unite them. Please offer them the promotion of active and healthy lifestyles to prevent diseases before they occur.**

## FOR STATE OF THE UNION ADDRESS JANUARY 27

January 26, 2010

President Barack Obama  
The White House  
Washington, DC 20500

Dear Mr. President:

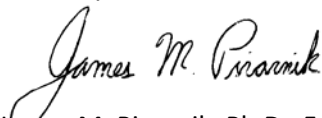
Greetings as you prepare to speak to Americans about the state of our union. As professionals in medicine, research, health/fitness and related disciplines, the 35,000 members and certified professionals of the American College of Sports Medicine (ACSM) applaud your leadership. We and hundreds of partner organizations—along with millions of other Americans—look forward to meaningful legislation leading to better health and better health care for all.

May we propose a strategy that enjoys widespread consensus amid divisive health-related proposals? The PREVENTION of avoidable disease is a cause that unites Republicans and Democrats, employers and workers, older and younger Americans, wealthy and poor, men and women, Washington and the states.

Preventive screenings, immunizations and other clinical care, together with physically active and healthy lifestyles, are health care initiatives around which to build consensus. The benefits are bountiful, including reduced costs for treatment, increased worker productivity, and enhanced quality of life. With its ability to treat and prevent obesity, diabetes, heart and bone disease and other chronic conditions, exercise is powerful medicine, indeed.

Mr. President, thank you for considering the wisdom of highlighting this proven strategy in the State of the Union address. Doing so will send an inspiring, unifying message to Congress, the media and the American people.

Sincerely,



James M. Pivarnik, Ph.D., FACSM  
President  
American College of Sports Medicine



Thomas M. Best, M.D., Ph.D., FACSM  
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