

For Immediate Release

CONTACT: Jeremy Solomon, Associate Vice President, Communications & Public Affairs
617-521-2324, jeremy.solomon@simmons.edu

Simmons Professor Links Physician Mistrust of Health Clubs and Personal Trainers to a Lack of Physical Activity Prescriptions

Majority of Surveyed Physicians Cite Cost as Problematic

BOSTON (November 6, 2018) – Simmons University Assistant Professor of Nutrition Rachele Pojednic, in collaboration with representatives of the Institute of Lifestyle Medicine at Harvard Medical School, the Racquet & Sportsclub Association Foundation of Boston, Harvard’s T.H. Chan School of Public Health, and the Exercise Medicine Research Institute at Edith Cowan University at Perth, Western Australia, has concluded that while physicians are being asked more frequently to write exercise prescriptions for their patients, only 41% surveyed would recommend a health club to their patients and only 21% would recommend a personal trainer. Physicians ranked expense and convenience as the most problematic elements of health clubs.

“At a time when research shows conclusively that physical activity is a major determinant for all major diseases, it is concerning that the results of our study shows a mistrust of the fitness industry by physicians,” said Pojednic. “It is incumbent on us to start a dialogue between the health care and fitness industries to see how they can collaborate on getting people more active. Lives are literally at stake.”

The study, “[*Bridging the gap between clinicians and fitness professionals: a challenge to implementing exercise as medicine*](#)” was published by BMJ Journals. The authors sent an electronic survey to 412 responding primary care and sports medicine specialty physicians during 2011-2012. Based on their answers, the study concludes, “Health clubs and personal trainers are a significant implementation system for the promotion of physical activity, yet physicians are concerned with several elements of HC and are not adequately relying on this partnership to promote physical activity to their patients.”

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