Main conclusions

1. Increase exercise research breadth and depth among people with a substance use disorder (SUD).


3. Develop specialized training programs for exercise professionals working with people with SUD.

4. Increase awareness of stigma associated with a diagnosis and treatment of SUD and co-occurring chronic pain and mental health disorders.

5. Develop and disseminate a toolkit for integrating exercise into treatment programs for people with SUD.

Read the full Call to Action in CSMR.