



Dr. Jonathon Fowles

National Center Director
 Jonathon R. Fowles, Ph.D.

Affiliation
 Acadia University

Temporary Host Institution – Acadia University

Founded in 1838, Acadia University is one of the oldest and most respected liberal arts universities in Canada. Located just a one-hour drive from Halifax, Nova Scotia and its international airport, Acadia is an integral part of the quintessential college town of Wolfville, overlooking the Annapolis Valley and the Bay of Fundy. The mission of Acadia University is to provide a personalized and rigorous liberal education; promote a robust and respectful scholarly community; and inspire a diversity of students to become critical thinkers, lifelong learners, engaged citizens, and responsible global leaders.



National Center Advisory Board

Affiliation

Jonathon R. Fowles, Ph.D.	<ul style="list-style-type: none"> • Professor, Department of Kinesiology, Centre of Lifestyle Studies, Acadia University
Tatiana Jevremovic, M.D., CCFP (EM)(SEM)	<ul style="list-style-type: none"> • Associate Professor, Department of Family Medicine, Schulich School of Medicine and Dentistry, • College of Family Physicians of Canada (CFPC)
Victor Lun, M.D., CCFP (SEM)	<ul style="list-style-type: none"> • Sports Medicine Physician and Clinical Assistant Professor, Department of Family Medicine, University of Calgary • Canadian Academy of Sport & Exercise Medicine (CASEM)
Adam Upshaw, Ph.D., MEd, MSc, CSEP-CEP	<ul style="list-style-type: none"> • Professor of Exercise Science, Niagara College • Chair, Canadian Society for Exercise Physiology (CSEP)
Kristin Campbell, Ph.D., P.T.	<ul style="list-style-type: none"> • Associate Professor & Director of Clinical Exercise Physiology Laboratory, University of British Columbia • Canadian Physiotherapy Association (CPA)
Scott Howitt, D.C.	<ul style="list-style-type: none"> • Director, Sports Medicine Performance Centres • Associate Professor, Canadian Memorial Chiropractic College • Canadian Chiropractic Association (CCA) / Royal College of Chiropractic Sport Sciences (RCCSS)
Nicole Culos-Reed, Ph.D.	<ul style="list-style-type: none"> • Professor, Health & Exercise Psychology, Faculty of Kinesiology, University of Calgary

Chris Shields, Ph.D.	<ul style="list-style-type: none"> • Professor, School of Kinesiology, Acadia University • Past President, Canadian Society for Psychomotor Learning in Sport & Exercise Psychology (SCAPPS)
Taniya Nagpal, Ph.D.	<ul style="list-style-type: none"> • Post-Doctoral Fellow, Adamo Lab, Ottawa University • EIM On Campus student representative
Jennifer Bugera, R.N.	<ul style="list-style-type: none"> • Primary Care Team, St. James Town Health Centre • Department of Family and Community Medicine, St. Michaels Hospital (Toronto) • Canadian Family Practice Nurses Association (CFPNA)
Sue Boreskie, M.P.E.	<ul style="list-style-type: none"> • Clinical Exercise Professional • CEO, RehFit Centre Winnipeg
Hardip Jhah, BKin	<ul style="list-style-type: none"> • Director, of Kinexions Health Inc. • Vice President, Canadian Kinesiology Alliance (CKA)

2020 Goals

- Identify a new host institution whose mission and vision better align with the goals of EIMC
- Develop a governance structure for EIMC under the new host institution
- Continue to deliver, evaluate and improve our Exercise Prescription in Primary Care workshop
- Better assist regions implementing EIM within their care systems
- Develop cohesive strategies to integrate EIM content into medical education curriculum.
- Secure funding from current and new partners to support ongoing operations
- Participate in research projects involving: the EIMC On Campus initiative, developing an online PAVS, models of physician prescribed exercise interventions
- Disseminate Canadian 'condition-specific' fact sheets or assisting with dissemination of materials developed respective chronic disease organizations
- Develop more tools for health and exercise professionals including: on-line counseling tools for health care professionals to assist patients and branded progress notes for exercise professionals to communicate progress back to referring health professionals
- Continue building awareness through conference presentations and social media

Accomplishments to Date

- Delivered 18 different workshops to more than 375 health care providers (2018). Hosted another 10 trainings for 250 providers in 2019. Have now trained more than 2000 health care providers
- More than 500 individuals in EIM Exercise Professional Network
- Published several articles and research presentations on the outcomes of our EIMC workshops

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- Presented more than 30 clinical rounds and symposia at conferences to more than 4000 health care professionals, including the Family Medicine Forum, Primary Medicine Conference (largest MD conference in Canada), the annual meetings of the Canadian Academy of Sport and Exercise Medicine and Canadian Chiropractic Association and the Canadian Society for Exercise Physiology
 - Served on the National Physical Activity report card for adults, as well as on national and provincial physical activity frameworks
 - Hosted a 'Think Tank' on Exercise Prescription and Referral engaging leaders in the field to develop national strategies to integrate EIM into Health care and in communities.
 - Led a provincial EIM initiative identified by the Nova Scotia Health Authority as one of the top 20 innovations in health care in the province. This led to a EIM Solution pilot study that was endorsed by the provincial Doctor's Association
 - Made significant inroads in advocacy with a presence for exercise prescription in health care in the national physical activity strategy 'Lets Get Moving'
 - Developed an EIM Oncology focused workshop and collaborated on Exercise and Cancer Care workshops and dissemination for Exercise Professionals
 - Developed a working group on Medical Education Curriculum to standardized approaches to develop medical curriculum for professionals schools and continuing medical education
 - Established EIM on Campus at 40 Universities and Colleges with an annual EIM On Campus national student conference
 - Expanded social media presence to > 1450 Twitter followers, > 1600 FB likes
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