



Dr. Jonathon Fowles

National Center Director
Jonathon R. Fowles, PhD

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, PhD	<ul style="list-style-type: none"> • Professor, Department of Kinesiology, Acadia University
Tatiana Jevremovic, MD, CCFP	<ul style="list-style-type: none"> • College of Family Physicians of Canada
Victor Lun, MD, CCFP	<ul style="list-style-type: none"> • Sports Medicine Physician, University of Calgary • Canadian Academy of Sport and Exercise Medicine
Adam Upshaw, PhD, MEd, MSc, CSEP-CEP	<ul style="list-style-type: none"> • Associate Professor, Niagara College • Canadian Society for Exercise Physiology
Kristin Campbell, PhD, PT	<ul style="list-style-type: none"> • Professor, University of British Columbia • Canadian Physiotherapy Association
Scott Howitt, DC	<ul style="list-style-type: none"> • Director, SDS Performance Centre • Canadian Chiropractic Association / Royal College of Chiropractic Sport Sciences of Canada
Nicole Culos-Reed, PhD	<ul style="list-style-type: none"> • Professor, University of Calgary
Chris Shields, PhD	<ul style="list-style-type: none"> • Professor, Acadia University • Canadian Society for Psychomotor Learning in Sport & Exercise Psychology
Taniya Nagpal	<ul style="list-style-type: none"> • EIM On Campus student representative, University of Western Ontario
Sue Boreskie, MPE	<ul style="list-style-type: none"> • RehFit Centre Winnipeg
Hardip Jhah, BKin	<ul style="list-style-type: none"> • Canadian Kinesiology Alliance

2019 Goals

- Identify a new host institution whose mission and vision better align with the goals of EIMC
 - Develop a new governance structure for EIMC under the new host institution
 - Continue to deliver, evaluate and improve our Exercise Prescription in Primary Care workshop
 - Explore ways to better assist regions to implement EIM within their care systems once they have received this training
 - Develop cohesive strategies to integrate EIM content into medical education curriculum.
 - Securing funding from current and new partners to support ongoing operations
 - Participate in research projects supporting projects including: 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: online 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
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Accomplishments to Date

- In 2018, delivered 18 different workshops to more than 375 health care providers. Have now trained more than 1000 health care providers
 - Published several articles and research presentations on the outcomes of our EIMC workshops.
 - 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
 - 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 an 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 'Let's 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 develop standardized approaches to develop medical curriculum for professionals' schools and continuing medical education
 - Established EIM On Campus at 42 Universities and Colleges
 - Hosted two EIMC On Campus national student conferences, with a third planned for 2019
 - Developed an EIMC Professional Network – consisting of 300+ exercise and health professionals
 - Expanded social media presence to > 1450 Twitter followers and > 1600 FB likes
 - In the process of developing partnerships with Prescription to Get Active and others.
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is Medicine®
Canada**