



## **Exercise is Medicine Canada @ Your University or College**

### **Draft Mission, Vision and Goals Statements**

#### **EIMC on Campus Mission Statement:**

To foster collaborative inter-professional relationships and leadership skills on campus between exercise, health and other disciplines that support the EIMC vision and goals.

#### **EIMC on Campus Vision Statement:**

As the future health leaders of our country, students across multiple disciplines will discover and share the principles of EIMC that will help change the landscape of chronic disease prevention and management in Canada.

#### **EIMC on Campus Goal Statements:**

- Influence medical and other health professional schools to incorporate exercise and its benefits into course curriculum, and EIMC principles in practice
- Raise awareness of the importance of, and ways to incorporate exercise into student/faculty daily life for health and wellness
- Encourage student/faculty involvement in campus exercise initiatives and opportunities
- Provide information and resources to involve campus and community healthcare providers in advocating and supporting exercise prescription and referral as a prevention and treatment strategy
- Have fun creating change with new friends and colleagues!

How?

- Inter-faculty events
- Invited speakers
- Social Media, Guest blogs
- EIMC Prescription and referral pad project
- Active community awareness raising events
- Collaborate with Student Health Services, Faculty Wellness Programs, Interdisciplinary faculty initiatives, community groups or family health teams