

EIMC presents to Canadian Senate Committee

On May 28, 2015, Jonathon Fowles, PhD, presented on behalf of EIMC to the Senate Standing Committee on Social Affairs, Science and Technology. The Senate committee invited EIMC to present as part of an examination of the increasing incidence of obesity in Canada: causes, consequences and the way forward, including: food and diet; lifestyle; provincial and federal initiatives, and international best practices. Dr. Fowles is a lead faculty for the nationally accredited EIMC *Exercise Prescription in Primary Care* workshop. His research team is analyzing workshop data to examine its impact on the knowledge, attitudes, and behaviors of physician delegates.



EIMC first came to the attention of the Senate committee through Senator, Nancy Greene Raine, Canadian Olympic and World Cup Gold medalist in alpine skiing. During a ski session with an adventurous EIMC stakeholder, Senator Greene Raine learned about EIMC's work while riding the chair lift up the mountain. This initial conversation inspired her to bring EIMC to the Senate committee's attention. During the presentation, the Senate Committee fully engaged with Dr. Fowles and probed for more information on the role of exercise and physical activity in preventing, treating and managing chronic disease in Canadians.



Thanks to the efforts of Senator Greene Raine, several Canadian government officials are now taking a leadership role for all Canadians by participating in the all-party Parliamentary Fitness Initiative. This initiative aims to keep members of Parliament physically active and healthy through activities including a weekly run/walk and a swimming club. The Fitness Initiative is evidence that no one's too busy to get their daily exercise in — not even stressed-out members of Parliament.

For more information about the Senate committee visit: <http://sen.parl.gc.ca/obesity>.

Details of the EIMC physician workshops can be found at:
http://exerciseismedicine.org/canada/support_page.php?p=360