



Dr. Jonathon Fowles

National Center Director

Jonathon R. Fowles, Ph.D.

Affiliation

Acadia University

National Center Manager

Ms. Samantha Burrelle

Affiliation

Wilfrid Laurier 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.

- Professor, Department of Kinesiology; Chair, Centre of Lifestyle Studies, Acadia University

Kayla Rector, Cert Kin

- Kinesiology, KineFit
- Chair, Newfoundland Kinesiology Alliance

Shaelyn Strachan, Ph.D.

- Associate Professor, Faculty of Kinesiology & Recreation, University of Manitoba
- Canadian Society for Psychomotor Learning in Sport and Exercise Psychology (SCAPPS)

Brian Justin, M.Kin, CSEP-CEP

- Faculty of Health Sciences, Kinesiology, University of the Fraser Valley
- Canadian Society for Exercise Physiology (CSEP)

Kristin Campbell, Ph.D., P.T.

- Associate Professor & Director of Clinical Exercise Physiology Laboratory, University of British Columbia
- Canadian Physiotherapy Association (CPA)

Scott Howitt, D.C.

- 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; Adjunct Professor, Department of Oncology, University of Calgary
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.PE.	<ul style="list-style-type: none"> • Clinical Exercise Professional • CEO, RehFit Centre Winnipeg

2022 Goals

- Recruit, train and support a new EIMC Chair
 - Recruit medical and government representatives to the EIMC National Advisory Council
 - Promote awareness of and build engagement in EIMC's mission and activities, through: a) developing resources for EIMC on Campus groups' sustainability, b) building collaborations between professional associations and professionals with increased communication and information sharing, c) increasing social media posts, and d) adding to our website as a 'home-base' for evidence-based resources
 - Promote growth of the Professional Network, supported with newsletters, webinars
 - Support education by developing an EIMC Professional Network virtual presentation and targeted presentations for specific health care and exercise professionals
 - Enhance credibility through: a) EIM research, b) development of a position stands on exercise referral and medical fitness in Canada, c) participation in research projects examining the effectiveness of EIM education, integration of PAVS into EMRs, and improved models of physician prescribed exercise and exercise referral schemes
 - Promote recognition of exercise professionals through advocacy and support of standards for exercise and fitness professionals and expand exercise prescription and referral of patients to clinical and community-based exercise professionals, places and programs
 - Continue our policy and advocacy efforts at federal, provincial and regional levels with participation on National Health Fitness Day, ParticipACTION report card, Rx To Get Active and other groups
 - Secure sustainability - by engaging current and new partners to support ongoing operations
 - Enhancing the sustainability of the EIMC on Campus initiative through the development of an operational toolkit
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Accomplishments to Date

- Officially established the EIM Canada National Center (2010); updated the EIMC website (2021) with several pages translated into French
- Delivered 18 different workshops to more than 375 healthcare providers (2018). Hosted another 10 trainings for 250 providers in 2019 and 2 for 50 providers in 2020. Trained 2000+ health care providers in total

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- Published several articles and research presentations on the outcomes of our EIMC workshops (5 articles published in 2021, plus 2 more in press), plus 3 practical resources and a position stand on physical activity post-COVID
 - Served on the National Physical Activity report card for adults, as well as on national and provincial physical activity frameworks 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.
 - Their initiative was identified by the Nova Scotia Health Authority as one of the top 20 innovations in health care in the province. This led to a pilot study that was supported by the Health Authority, and endorsed by the provincial Doctor's Association, in which local health care providers refer patients to community exercise programs delivered by clinical exercise physiologists.
 - Made significant inroads in advocacy with a presence for exercise prescription in health care in the national physical activity strategy 'Lets Get Moving'
 - Involved with national discussions for regulation of Kinesiology and medical fitness certifications
 - Launched a new professional network in 2021, connecting >400 individuals interested in EIM
 - 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 42 universities and colleges (19 which were active in 2021) with an annual EIM On Campus national student conference
 - Led a National Exercise Hour on October 17, 2021 at 430pm
 - Expanded social media presence in 2021 to >3500 Twitter followers, >1000 LinkedIn followers, >3000 FB likes and >600 followers on Instagram
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