

June 3, 2015

Mr. John Weston
Member of Parliament
Room 770 Promenade Building
Ottawa, ON, K1A 0A4

Dear Mr. Weston;

RE: Inaugural National Health and Fitness Day, June 6, 2015

Exercise is Medicine Canada (EIMC) is very pleased to support the inaugural National Health and Fitness Day to be held June 6, 2015 in communities across Canada. We congratulate you on initiating this important and valuable event and we hope that Canadians participate in events across the country, not only on June 6, but throughout the year.

EIMC is a multidisciplinary initiative lead by health and exercise professionals across Canada and hosted by the Canadian Society for Exercise Physiology (CSEP), the creators of Canada's Physical Activity Guidelines. EIMC provides national leadership in promoting physical activity by engaging health professionals. Our vision is that "Physical activity is an integral part of prevention and treatment of chronic disease in the Canadian health care system". EIMC has disseminated information to engage our networks of health and exercise professionals as well as our on-campus affiliates in this year's National Health & Fitness Day and we look forward to the opportunity to collaborate with you on plans for future National Health and Fitness Days.

Our EIMC Goals are to:

- Increase the number of health care professionals who are assessing, prescribing and counseling patients in physical activity;
- Increase the number of Canadians meeting the Canadian Physical Activity Guidelines and the Canadian Sedentary Behaviour Guidelines; and
- Encourage the appropriate use of qualified exercise professionals in the prevention and treatment of chronic disease.

The majority of Canadian adults and children do not meet the CSEP Canadian Physical Activity and Sedentary Behaviour Guidelines; that is, the amount of daily and weekly physical activity required to provide protective health benefits. A National Health & Fitness Day can help raise awareness of the importance of all Canadians striving to meet the guidelines for health.

The CSEP Canadian Physical Activity Guidelines are available at:

English: <http://www.csep.ca/english/view.asp?x=80>

French: <http://www.csep.ca/Francais/view.asp?x=804>

EIMC has developed educational tools and resources for health professionals including an Exercise Prescription and Referral tool to guide patient assessment, counseling, prescription and referral. A critical element of these tools is the Exercise Vital Sign (EVS) with which the professional assesses the patient's level of physical activity against the Physical Activity Guidelines and initiates appropriate intervention as required including brief counseling, advice, prescription and referral to another health professional colleague or community based exercise professional for continued patient support. Additional information about EIMC and our valuable resources is available at: www.exerciseismedicine.ca.

In summary, we highly commend your initiative in creating this new annual National Health & Fitness Day. We believe this event is consistent with our efforts to raise awareness with health and exercise professionals regarding the safety and efficacy of physical activity participation for the prevention, treatment and management of most chronic diseases seen today.

In good health,



Dr. Brian MacIntosh
Chair, Exercise Is Medicine Canada Advisory Council