Exercise Prescription in Primary Care Workshop

Saturday September 26, 2015, 8:00 am – 4:15 pm
Fortius Sport & Health Centre, 3713 Kensington Avenue, Burnaby, BC

Expert Faculty:

Dr. Kara Solmundson, MD; CCFP; MSc Kinesiology; Sport Med Dip Canadian Academy of Sports and Exercise Medicine; Clinical Instructor division of Sports Medicine, Department of Family Practice, UBC School of Medicine; and

Dr. Jonathon Fowles, PhD, CSEP-CEP, CSCS, Clifford Shand Research Chair, Director, Centre of Lifestyle Studies, Professor, School of Kinesiology, Acadia University, Wolfville, Nova Scotia

“What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity? Would you prescribe it to your patients? Certainly.”
- Robert E. Sallis, M.D., FACSM, Exercise is Medicine® Task Force Chairman

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 6 Mainpro-C credits and 0 Mainpro-M1 credits.

Overview: The Exercise Vital Sign (EVS) is the most important vital sign you need to monitor with the majority of patients seen in primary care today. Learn how to efficiently integrate the EVS into your daily practice and to provide basic exercise counseling and prescription for your patients to prevent, manage and treat chronic disease.

Learning Objectives:

1. Discuss the health benefits and safety of regular exercise with their patients.
2. Use the exercise vital sign as part of periodic health evaluation
3. Provide basic exercise counseling and prescription for patients as part of patient care
4. Be able to utilize a motivational counseling framework for health behaviour change.
5. Learn how to monitor aerobic exercise intensity and how to do basic resistance exercise

Registration (includes breakfast, lunch and morning coffee break): [http://community.csep.ca/e/in/eid=179](http://community.csep.ca/e/in/eid=179)

Open to all health care professionals and students enrolled in health and exercise sciences. *Visit exerciseismedicine.ca / EIMC Professional Network to join EIMC Professional Network – annual fee $60.

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<th>EIMC Member</th>
<th>Non-EIMC Member</th>
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<td>Physicians – 6 MainproC credits</td>
<td>$187</td>
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<td>Allied health professionals and exercise professionals</td>
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<td>CSEP members</td>
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Coming from outside of Vancouver? The Lodge @ Fortius welcomes you! EIMC has secured a limited number of rooms at a special conference rate of $80/night (+ taxes and fees). Please call 604 292 2500 and mention source code: EIMC