



SPRING TERM NEWSLETTER

Welcome to the EIMC-UBC Spring Term 2018 newsletter!

Exercise is Medicine on Campus at UBC welcomes all students from undergraduate, graduate, and professional schools who are interested in **Exercise is Medicine (EIM)**.

Our mission is to foster collaborative inter-professional relationships and leadership skills on campus between exercise, health, and other disciplines that support the EIM philosophy.

Calendar:

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| Feb | New website and podcast series! |
| Mar | Run for Rural Medicine |
| | Mental Health Symposium |
| | Exercise Prescription Case Study |
| Apr | EIMC Workshop for Health Care Professionals |
| May | Walk With Your Doc |
| June | EIM Research Day |

Events:

New club website and podcast series!

We are excited to be launching a Podcast Series, *The Fifth Sign hosted by EIM-UBC*, consisting of interviews with experienced leaders in the fields of health care, physiology, and physical activity promotion. Keep your eyes peeled for these to be posted on our Facebook page later in February. Also check out our NEW CLUB WEBSITE (<https://eimc.sites.olt.ubc.ca/>) which will be the place to keep up to date with all our club updates.

Exercise Prescription Case Study

When: March 14th 2018, 5:30 - 7:30 pm

Want to learn how different experts would approach complicated cases of exercise prescription? This evening event will engage you in critical thinking, discussion, and team-work around the application of exercise in several clinical cases using a multidisciplinary approach.

Sign up available soon on FB and our website! Or shoot us an email at eimc.ubc@gmail.com.

Mental Health Symposium

When: Saturday, March 17th

The Mental Health Symposium is an annual event that focuses on providing students with the tools and knowledge to foster a community that is resilient and aware of mental health at UBC. EIMC-UBC will be facilitating a 'walk & learn' session in which participants will learn about the mental health benefits of physical activity while going on a guided walk. The symposium program will also involve keynote speakers, workshops, self-care activities, and more!

Find us at:

-  @EIMCUBC
-  @EIMC_UBC
-  @EIMC_UBC
-  eimc.ubc@gmail.com
-  eimc.sites.olt.ubc.ca/

Exercise is Medicine Student Conference**When:** June 9th and 10th

EIM-UBC is holding its very first national student led research conference! Students from across Canada will gather at UBC to share their research regarding the physical and psychosocial benefits of physical activity and ideas to improve chronic disease prevention and management in Canada. This event will be a networking opportunity for inter-sectoral research and knowledge translation partnerships around physical activity promotion.

Details for conference registration and submissions of abstracts for poster or oral presentations will be shared soon!

Volunteering Opportunities***Run for Rural Medicine*****When:** Saturday, March 10th, 8:00 am-12:00 pm

The Run for Rural Medicine is organized annually by UBC Medical Students to raise awareness of the health needs of Northern and Rural communities. We are excited to have a booth and help out at this important event!

Email us at eimc.ubc@gmail.com if you are interested in volunteering. Those interested in running, register at www.ruralrun.ca.

EIM® Workshop for Health Care Professionals**When:** Saturday April 28th, 8:30 am – 12:30 pm**Where:** Medical Student & Alumni Centre (MSAC)

This half-day workshop targets primary care providers and other healthcare professionals who are interested in learning more about physical activity prescription as a practical clinical tool.

Contact our Medicine Chair Stephanie Norman at slnorman320@gmail.com to volunteer for event set up.

Walk With Your Doc**When:** May 2018, exact date TBD

Doctors will be walking with members of the community to promote conversation around the benefits of regular physical activity. This physical activity promotion event currently occurs in locations all over BC in partnership with Doctors of BC. Last year our club attended the walk in Burnaby and in 2018 we continue to support this great initiative. Look out for a volunteer call later in the term!

Interested or have questions?***Email us at eimc.ubc@gmail.com***

Thank you so much for being a part of EIMC-UBC!

Did you know...

...even 1 minute of vigorous exercise at lunchtime results in heart and metabolic benefits (Gillen et al, 2016)?

Co-Presidents- Bea Francisco (Graduate Program of Rehabilitation Sciences) & Tom Watson (Medicine)

Vice-President- Derin Karacabeyli (Medicine)

Medicine Chair- Stephanie Norman

Kinesiology Chair- Gregg Eschelmuller

Nursing Chair- Nina Ni

Research Chair- Melissa Woodward & Aman Sidhu

Internal Communications- Xuan Zhao

External Communications- Reid Mitchell & Kyle Boyle

***We hope you are excited for
our events in these upcoming
months!***

Yours sincerely,

***The 2017/2018 EIMC-
UBC Committee***

Find us at:

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