

Dear Students and Faculty members,

A new club has recently been ratified by the Student Association on the UOIT and DC campus. Exercise is Medicine (EIM) UOIT/DC is based on Exercise is Medicine Canada, which is a movement to make Canadians healthier based on evidence that regular physical activity reduces the risk of many chronic diseases. EIM UOIT/DC was launched by graduate students in the Faculty of Health Sciences with a keen interest in promoting exercise on campus. Our mission is to promote physical activity and educate both campuses on the importance of physical activity as a means of disease prevention and help to improve the health of students and faculty.

EIM UOIT/DC will focus on raising awareness on campus about our club and about the benefits of physical activity through general meetings, posters, and through the use of exercise-based events.

EIM UOIT/DC will be holding a general meeting for anyone interested in becoming a member of our group on February 11th from 4-5pm in J101 of the Simcoe Building. This meeting will provide information on the goals of EIM UOIT/DC and provide a forum for interested members to ask questions and exchange ideas on what can be done to increase physical activity and improve the health of UOIT/DC students and faculty.

If you have any questions please contact EIM UOIT/DC through email, Facebook, and/or Twitter.

Email- EIMUOIT@gmail.com

Facebook- EIMC UOIT DC

Twitter- @emicUOIT

Thank you for your interest and your support in this club and its' mission.

Best,

EIM UOIT/DC Executives.

Carley O'Neill, Natalyn Hibbs, Duncan Hartwick, Lindsey Thomas, Megalai Thavakugathasalingam.