The number of overweight and obese Canadians is a growing concern. Inactivity is a primary underlying cause of obesity and chronic illness and might be the biggest health concern of the 21st century.

Along with Exercise is Medicine Canada, Acadia University researcher Dr. Jonathon Fowles is spearheading an effort to support primary care physicians to prescribe more active lifestyles for their patients. Learn how this program promotes activity for Canadians through advocacy, training, and mobilizing health care and exercise professionals to model and support personal behaviour change.

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