

THE KIN CHRONICLES

BLOG

JOB OPPORTUNITY

RESEARCH

WORKSHOPS

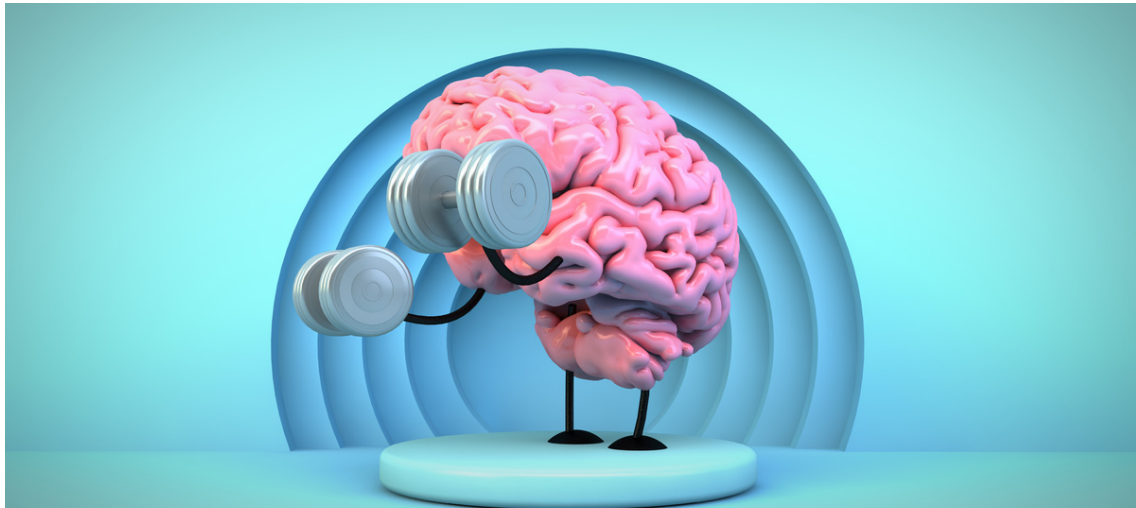


Dear Members,

We hope you have all had a wonderful summer. There have been a lot of exciting advancements and opportunities develop for our members and we are thrilled to be providing you with this issue or the Kin Chronicles. If you have any feedback on these newsletters, please contact us!



Mental Health Benefits of Movement



"Exercise isn't just for improving your body. It also has a number of benefits that improve mental health.

Whether you like doing high-intensity interval training (HIIT) workouts at the gym or going on regular dog walks.

Having a movement routine will boost your mental health as well as your physical state, increasing your chances of living longer....."

[Click here!](#) to check out our latest blog post from [Heidi Bitsoli](#) of Sunshine Behavioral Health.

In this post Heidi talks about how movement changes the brain's ability to function and enhances sleep health, how exercise helps in enhancing mood and distracting negative thought patterns and other mental health benefits of movement.

DETAILS ➤





The Wolf Trail (Makoyoh'sokoi) program are seeking a temporary, part-time Program Facilitator to coordinate and deliver their program.

The Makoyoh'sokoi program improves the health of Indigenous women by taking a holistic and culturally safe approach to wellness that focuses on physical, mental, spiritual, and emotional health. Each program has 20-25 participants and runs for 24 weeks, consisting of a 12-week long "live" phase with weekly programming on physical activity, nutrition, and behavioral changes, and a 12-week long "follow-up" phase where the program facilitator encourages the independent continuation of healthy activities. The Program Facilitators will work closely with the Community Lead(s) and Researchers at the University of Calgary to monitor the outcome of the program

For more information on tasks, job details, qualifications and to apply, click [here](#).

DETAILS ➤



EXCEL



EXercise for Cancer to Enhance Living Well

EXCEL is a research study funded by the Canadian Cancer Society and the Canadian Institutes of Health Research, with additional funding from the Alberta Cancer Foundation. The aim of this study is to implement and evaluate the benefit and feasibility of community-based exercise oncology programs for those living in rural and remote regions across Canada.

As an exercise professional in this network, you will have access to:

-The Thrive Health Cancer and Exercise Training

-**EXCEL** Training Day (online): provides information on study logistics and program delivery expectations.

-Opportunities to shadow and moderate (actively assist) EXCEL of previous training events/webinars and invitations to all future training opportunities

-Monthly **EXCEL** newsletter, updating on study progress and community/fitness professional highlights - learn more about the team that is growing across the country!

-Paid opportunity to deliver online and/or in-person EXCEL programs in your community, upon completion of training.

Check out "**EXCEL** Participant Voices" video to learn how this program changes lives:

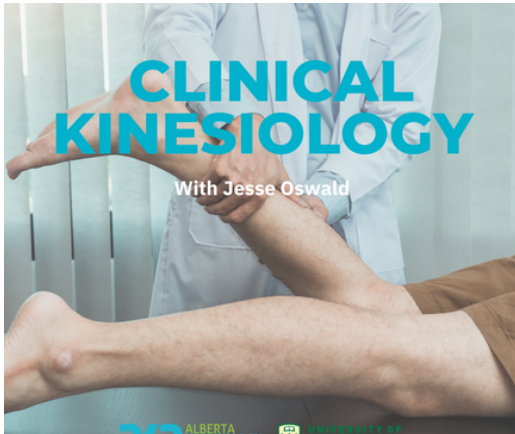
To register your interest and to help the **EXCEL** team learn more about you, please complete this survey for their team to get in touch!

If you have any questions, please email wellnesslab@ucalgary.ca

EXCEL 
EXercise for Cancer to Enhance Living Well

DETAILS ➔





ONLINE - Clinical Kinesiology

This course intends to provide students with a foundational knowledge of health data interpretation and disease pathology through the lens of exercise and lifestyle interventions. Additionally, students will learn to integrate and apply knowledge of exercise prescription and health data interpretation to various complex and straightforward medical case studies.

[MORE INFORMATION SOON](#)



ONLINE - EVIDENCE BASED PRACTICE

In this course, we are going to introduce you to the tools to evaluate a research article. Academia trains you to assume that every new research article you read is wrong and flawed; it is only through asking series of critical appraisal questions that you can evaluate if the study is indeed worthy of incorporating into your everyday practice. After this course, you will be able to decipher the difference between clickbait and pseudoscience versus genuine rigorous peer-reviewed research to build a solid evidence-informed practice.

[MORE INFORMATION SOON](#)



ONLINE - DIABETES AND PREDIABETES

This intermediate course covers more on insulin resistance, interval and other key types of training, oral medications, food effects on activity, avoiding hypoglycemia, diabetes health complications, medication weight gain and loss, youth with diabetes, latest training trends, and overcoming specific and diabetes-related barriers to motion with effective goal setting and technology use.

[MORE INFORMATION SOON](#)

[DETAILS >](#)

