

March 2005

Doctors Manitoba Policy on Exercise Promotion

Doctors Manitoba advocates:

A community goal of getting most people active for at least three and one-half hours per week with moderately strenuous physical activity, for most of their lives.

Mandatory daily active physical education in schools: averaging 30 minutes per day during each school year from grades K – 12, with an emphasis on learning sports that can be participated in easily for the majority of an individual's lifetime.

Urban and municipal planning that encourages physically active transportation. This includes:

- safe pedestrian and cycling routes, with the expectation that these be included in all new local transportation projects and gradually incorporated into all existing transportation routes;
- designing communities so that basic services are within walking distance;
- and
- building codes that not only allow but also promote the use of stairs preferentially over elevators (while continuing to keep elevators as an accessible second choice).

The expansion and development of accessible “recreation” facilities that enable physical activity.

Financial support by government and other stakeholders for recreational sports for all ages and ability levels.

Government funding for research to determine which public policies are most cost effective in encouraging physical activity.

Endorsed by the Doctors Manitoba Board of Directors
March 23, 2005