# HIV and Physical Activity -Actively working together to make a change

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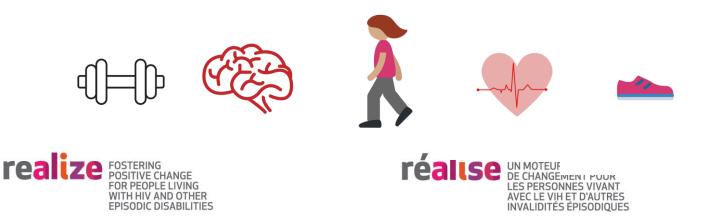
**Conflict of Interest:** There are no conflicts of interest to declare. **Email**: <u>pahluwalia@realizecanada.org</u>



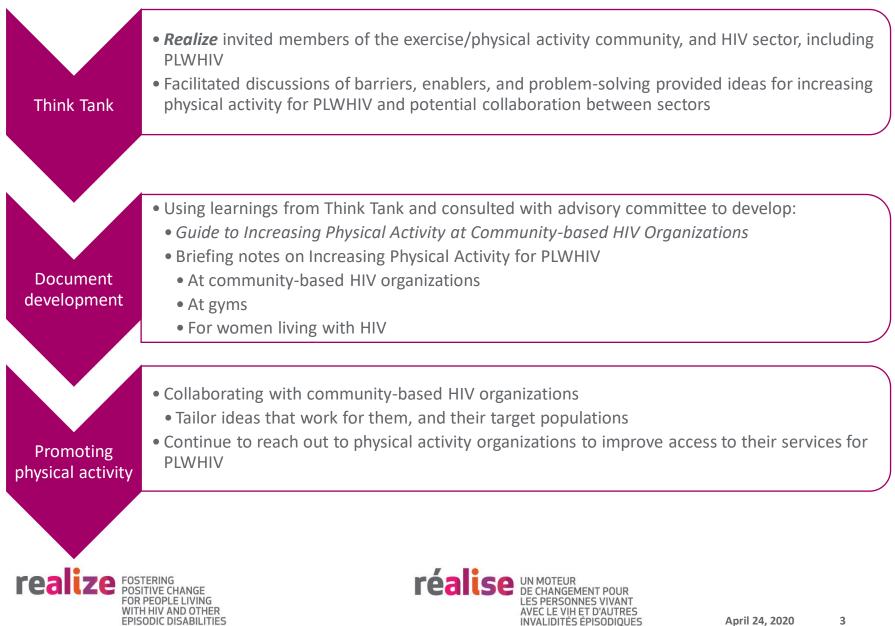


## Context

- Canadian guidelines suggest that adults participate in 150 minutes of moderate to vigorous intensity weekly physical activity
  - Less than 20% of Canadians are reaching this level
  - People living with HIV (PLWHIV) participate in physical activity at even lower rates
- *Realize* undertook a multi-pronged approach to change programming and policy at the organizational level in order to increase physical activity for PLWHIV



### **Process**



# Discussion

- In CBHOs programming and policy change requires capacity-building, relationship-building, and creative thinking
  - Interested in providing tools for physical activity for clients, but often time, human resources, or know-how are needed
- In the physical activity sector, the tools and knowledge are available, but connecting with the for-profit physical activity sector remain an area for growth for us
- Participation at the Think Tank from the physical activity sector was limited and for those who attended, their knowledge of HIV was minimal





# **Next Steps**

- Continued relationship building with this physical activity sector needs to be explored to determine the optimal next steps for program and policy change
- Continued collaboration with community-based HIV organizations to provide mentorship in incorporating physical activity into programming
  - Ex. Small, sustainable steps such as 1x/month walking club have been used at a community-based HIV organization with success

#### References

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