

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

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**realize** FOSTERING  
POSITIVE CHANGE  
FOR PEOPLE LIVING  
WITH HIV AND OTHER  
EPISODIC DISABILITIES

**réalise** UN MOTEUR  
DE CHANGEMENT POUR  
LES PERSONNES VIVANT  
AVEC LE VIH ET D'AUTRES  
INVALIDITÉS ÉPISODIQUES

# 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

## Think Tank

- **Realize** invited members of the exercise/physical activity community, and HIV sector, including PLWHIV
- Facilitated discussions of barriers, enablers, and problem-solving provided ideas for increasing physical activity for PLWHIV and potential collaboration between sectors

## Document development

- Using learnings from Think Tank and consulted with advisory committee to develop:
  - *Guide to Increasing Physical Activity at Community-based HIV Organizations*
  - Briefing notes on Increasing Physical Activity for PLWHIV
    - At community-based HIV organizations
    - At gyms
    - For women living with HIV

## Promoting physical activity

- Collaborating with community-based HIV organizations
  - Tailor ideas that work for them, and their target populations
- Continue to reach out to physical activity organizations to improve access to their services for PLWHIV

# 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

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