

NEWS AND VIEWS

Practice What You Preach

Michael Steeves BSc MSc(OT)

Class of 2014, Faculty of Medicine, Dalhousie University

As physicians and allied health professionals, it is part of our job to promote and encourage healthy living for our patients. Sometimes, however, it seems that we have difficulty taking our own advice when it comes to food selections, exercise, and enjoying some of life's less healthy pleasures in moderation. That's why this year, students of all Dalhousie health profession schools participated in the first (hopefully annual) Practice What You Preach road race. The purpose of this race was to demonstrate that we not only understand how to teach healthy living, but that we also understand that we need to follow the same directions we provide to our patients.

The race had both a 5km and a 10km option and either one could be ran or walked. While the race was timed (with the gracious assistance of the Running Room) with winners of each race receiving prizes, the main challenge of Practice What You Preach was to see which Dalhousie health profession could yield the highest percentage of participation. The winning health profession school not only took home the trophy and bragging rights, but also all of the registration money to be used to improve health on campus as they see fit.

Race day was very successful! Over 140 runners and walkers turned up early on a sunny March morning to participate. For some of them, it was their first road race ever. While there were some nervous faces on the start line, every single face that crossed the finish line was beaming with smiles.

There was participation from almost every health profession as well as a number of community runners who wanted to get in on the action. In the end, the School of Physiotherapy walked (or ran) away with the trophy and winners title with a participation of 50%! They also received the registration money of over \$1400 to put towards the improvement of health on campus.

If this race did nothing else, it provided a forum for 140 people to have fun in a healthy way on a sunny Sunday morning. However, by simply being present, all of the participants made a statement to the community that as future health care providers, we understand what we ask of our patients when we talk about exercising. It also expresses that we understand that we need to follow our own advice when it comes to healthy living. For in the end, we want to be known as practitioners who follow teachings that are Hippocratic, not hypocritical.

Live, work and play on the South Shore

Imagine yourself kayaking, canoeing, sailing, whale watching, diving or enjoying one of our many golf courses, hiking trails, theatres, galleries or museums. We are located on Nova Scotia's South Shore (one hour from metro Halifax), where miles of coastline are marked by beautiful, sandy beaches and picturesque towns including Bridgewater, Chester, Liverpool, Lunenburg and Mahone Bay; where hundreds of lakes, streams and rivers flow through small fishing villages and dense forests.

The District requires physicians for:

- Family Medicine (locations include Bridgewater, Caledonia, Chester, Lunenburg and Mahone Bay)
- Emergency Medicine
- Psychiatry – Bridgewater
- Walk-in Clinic – Bridgewater
- Locum opportunities available

Candidates must be eligible for licensure in Nova Scotia.

Inquiries and applications may be directed to:

**Dr. Peter Vaughan, VP Medicine
South Shore District Health Authority**

90 Glen Allan Drive
Bridgewater NS B4V 3S6
Canada

Telephone: 902-527-5057

Fax: 902-527-5269

E-mail: pvaughan@ssdha.nshealth.ca

Website: www.southshorehealth.ca

