



Canadian Kinesiology Alliance/ Alliance canadienne de kinésiologie

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FOR IMMEDIATE RELEASE

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Canadian Kinesiology Week – October 18-24, 2009

Mississauga - October 2009 - October 18-24, 2009 is Canadian Kinesiology Week. The Canadian Kinesiology Alliance/ Alliance canadienne de kinesiology (CKA / ACK) represents a national membership of 3500 practicing Kinesiologists.

Again, this year, Canadian Kinesiology Week falls during Healthy Workplace Month (October 5, 2009 to November 1, 2009). Specifically, Canadian Kinesiology Week coincides with "Feeling Great at Play" week which encourages people to seek various ways to have fun while focusing on maintaining a healthy mind, healthy body and healthy workplace. Information and ideas for activities to promote a healthy workplace can be found at www.healthyworkplacemonth.ca. Encouraging people to seek ways to maintain and develop a healthy lifestyle will have a positive impact on all areas of their lives, including work, productivity and overall health.

During Canadian Kinesiology Week, Canadians are invited to learn more about Kinesiologists practicing across the country and the various fields to which kinesiology is applied within Canada. Look for events, educational seminars and displays at many places where Kinesiologists are employed across Canada.

Kinesiologists are human movement specialists offering a wide variety of assessments and services to the public to assist with injury and illness prevention and management. Our practice is based on the core sciences of anatomy, physiology, biomechanics and psychomotor behaviour through completion of a four year honours bachelor of science degree in Kinesiology (or equivalent).

Kinesiologists apply the discipline to many fields. We are recognized for our roles and expertise in the areas of Health and Safety, Ergonomics, Assessment, Physical and Vocational Rehabilitation, and Fitness, to name a few. Kinesiologists who are members of the CKA / ACK fulfill core competency and continuing education requirements.

For further information please see our website at www.cka.ca or call (905) 567- 9200.

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