

EIM Brazil



Dr. Victor Matsudo

National Center Director
Victor Matsudo

National Center Manager

Affiliation

Center of Studies of the Physical Fitness
Research Laboratory from Sao Caetano do
Sul (CELAFISCS)



Host Institution – CELAFISCS

The Fitness Laboratory Studies Center Physics of São Caetano do Sul - CELAFISCS - brings together health professionals with the purpose of promoting research in sports science. The Centre develops different types of academic and research activities, assessing the relationship between physical activity and health in four dimensions: recovery, maintenance, promotion and excellence. Among the major projects of the group are: the Longitudinal Project of Growth and Development of Ilhabela (since 1978); the Longitudinal Aging Project and Physical Fitness of São Caetano do Sul (since 1997); and the coordination and technical and scientific advice of the Agita São Paulo Program (since 1996).

National Center Advisory Board

Affiliation

Dr. Victor Matsudo

Center of Studies of the Physical Fitness Research Laboratory
from Sao Caetano do Sul (CELAFISCS)

Dr. Samir Salim

Sociedade Brasileira de Medicina del Ejercicio y Deporte

Lúcia Chibante

Secretaría de Salud del Estado de São Paulo

Patricia Lobato

Fitness Solution

2015 Goals

- Increase the preparation of physicians and health professionals in EIM objectives
- Inclusion of EIM questions in the Medical Screening at Santa Casa Medical School

Past Accomplishments

- Trained 150 health care professionals in the EIM® Exercise Prescription course, including four hour trainings for 14 physicians and other 13 health care professionals with the content of the EIM® course (Sept 2012) with the help of the Regional Assistance Institute of São Paulo.
- Provided information sessions about EIM® courses to the doctors and directors of the São Paulo's Association of Medicine.
- Organization course on EIM for the Santa Casa Medical School (~60 professionals).
- Formed alliances with the Secretary of State in São Paulo and the Agita São Paulo program.
- Development of media campaigns (press, radio, TV) concerning the EIM® initiative.