

EIM Poland

(National Center in Formation)



National Center co-Director

Anna Plucik-Mrozek

National Center co-Director

Malgorzata Perl

Affiliation

Zaskoczeni Wiekem (Surprised by Age)

- An NGO where medicine meets sports – a matching of two crucial fields of knowledge that, when working together hand-in-hand, can cure even the most serious illnesses

Host Institution – Medical University of Warsaw

The *Medical University of Warsaw* is one of the oldest medical schools in Poland. For over 200 years it has provided education and training in medicine and pharmacy at undergraduate and postgraduate levels. The academic staff at the Medical University of Warsaw have gained national and international reputations for their contributions to the science and practice of medicine.



National Center Advisory Board

Marek Kuch, MD Professor

Ewa Kozdroń, Professor

Artur Mamcarz, MD, Professor

Leszek Czupryniak, MD, PhD

Krzysztof J. Filipiak, MD, PhD, FESC

Affiliation

- Dean of the 2nd Faculty of Medicine, Medical University of Warsaw
- Head of Department of Heart Failure and Cardiac Rehabilitation
- Chair of Cardiology, Hypertension and Internal Medicine
- Head of the Department of Recreation, Faculty of Tourism and Recreation, Warsaw Academy of Physical Education
- President of the Association of Sports Activity "Bakcyl"
- European Association for the Promotion of Physical Activity 50+ (50+ ESPAR);
- Deputy Dean of the 2nd Faculty of Medicine, Medical University of Warsaw
- Head of Department of Cardiology and Internal Medicine
- Head of Department of Diabetology and Internal Medicine, Medical University of Warsaw
- Polish Diabetes Association - President (2011-2015)
- European Association for the Study of Diabetes - Executive Committee
- Department of Cardiology, Medical University of Warsaw
- Board Member, Polish Society of Arterial Hypertension

2016-17 Goals

- Host "Walk for Health: Invite your doctor" – September 24th, 2016 - predicted number of participants: 500. 2017 – to organize the second edition in several Polish cities.
- Organize a 1-day conference about physical exercise in the prevention of chronic diseases organized for physicians, fitness trainers, nurses and physiotherapists.
- Prepare and run professional training sessions for fitness professionals. These will be 3-day sessions that we predict will be attended by approximately 200 professionals. The main topics will include: the influence of

physical activity on health, and the rules and regulations of co-operation between physicians and fitness trainers in the area of training patients with chronic diseases.

- “Eco-fitness holidays”: the 4th – July 2017
- Promote the idea of sports medicine among physicians, local and national government representatives, fitness trainers, and among society in general through co-operation with academic institutions, businesses and media.
- Co-operate with physicians, local and national government representatives, and fitness trainers to make medical fitness recognizable and available to the majority of people in Poland.

Past Accomplishments

- Offered 6 sessions of the “Surprised with Age” programme, in which 200 participants were involved. The components of the programme included close co-operation between physicians, fitness trainers and dieticians in taking care of chronic disease patients, professional assessment of the patients’ abilities to participate in the training on the basis of medical tests, and designing individual diets tailored to the patients’ needs.
- “Eco-fitness” holiday camps – training, health, motivation. The holidays have been organized for the last three years and have been focused on pre-planned training designed to suit individual needs of the participants. The components of the holiday camps are a series of workshops run by a physician who discussed medical aspects of trainings and a series of motivational workshops run by a psychologist – coach.
- Co-operation with “The Flower of Fertility” NGO which deals with the prevention of gynecological cancers. This co-operation provides professional consultation in the area of exercise training designed for women who have been diagnosed with or already cured of cancer.
- Co-operation with the Legionowo County Local Government in offering the “Surprised with Age” programme.
- Co-operation with the Medical University of Warsaw and the Warsaw Academy of Physical Education in preparing professional training sessions for physicians and fitness trainers on physical activity among chronic disease patients suffering from cardiovascular disease, cancer, diabetes and joint degenerative arthritis.
- Involving representatives from the Ministry of Health, Social Insurance companies, and other leading healthcare and governmental organizations in our initiatives.