



Naama Constantini, MD

**National Center Director**  
Dr. Naama Constantini, MD, DFM, FACSM

**Affiliation**  
Shaare Zedek Medical  
Center

## Host Institution – Hebrew University

The Hebrew University of Jerusalem, founded in 1918 and opened officially in 1925, is Israel's premier university, as well as its leading research institution. The Hebrew University is ranked among the 100 leading universities in the world and first among Israeli universities. The University offers a wide array of study opportunities in the humanities, social sciences, exact sciences and medicine. The Hebrew University has set its goals in training the public, providing scientific, educational and professional leadership; the preservation of and research into Jewish, cultural, spiritual and intellectual traditions; and the expansion of the boundaries of knowledge for the benefit of all humanity.



## National Center Advisory Board

## Affiliation

Naama Constantini, MD, DFM, FACSM	Shaare Zedek Medical Center
Gal Dubnov-Raz, MD	Sheba Medical Center, Pediatric & Sport Medicine Association
Dan Tsivoni, MD	Israel Cardiology Society & Sport for all organization
Marina Segal, MD	Israeli Family Physicians Association
Michal Azmon, PhD, PT	IPTS (Israeli PhysioTherapy Society)
Dan Hertzog, Msc. Ot	Clalit Health Services
Shmuel Giveon, MD, MPH	Clalit Health Services
Yair Lahav, RD, Msc	The Israeli Dietetic Association
Yoni Yosef, MD	Medical Corps, IDF

## 2018-19 Goals

- Continue offering EIM courses to physicians, nurses, physiotherapists, occupational therapists and nutritionists
- Open and offer training courses for our medical students and thereafter to extend it to other Medical Schools throughout Israel

## Accomplishments to Date

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- Formed a National Center and completed an MOU with the American College of Sports Medicine
  - Hosted an international conference titled “Exercise is Medicine for the Brain”
  - Host an annual EIM conference (six to date)
  - Promote physical activity within Clalit Health Services (the largest HMO in Israel) to patients and staff
  - In the process of promoting physical activity as a “quality index” for health systems
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**Exercise**  
**is Medicine**<sup>®</sup>  
**Israel**