



Dr. Jorge Sarango

**National Center Director**  
Jorge Sarango Aguila, MD

**Affiliation**  
Director, Center of Exercise  
& Rehabilitation (CEMDER)

**National Center Manager**  
Patricia Geng

**Affiliation**  
Center for Exercise Medicine  
& Rehabilitation (CEMDER)

## Host Institution – Peruvian Sports Medicine Society

The *Sociedad Peruana de Medicina del Ejercicio* (SOPEMED) is a non-profit organization dedicated to promoting and updating the field of exercise science, not only in competitive sports, but also in the practice of physical activity promotion for health. SOPEMED was established in 2002 with the purpose of conducting academic activities related to physical activity, health and sport. SOPEMED seeks to bring together medical professionals, nutritionists, psychologists and trainers who are related to the promotion, training and health care of people performing physical activity as a lifetime habit.



## National Center Advisory Board

## Affiliation

Jorge Sarango Aguila, MD

- Director, Center of Exercise y Rehabilitation (CEMDER)

Raúl Huamán Rodríguez, MD

- Sports Medicine physician, Chacarilla Clinic

Gustavo Saravia Risso, MD

- Cardiologist, San Felipe Clinic

Cecilia Solis Rosas, MD

- Endocrinologist, Javier Prado Clinic
- Research Director, Universidad Alas Peruanas

José F. Parodi García, MD

- Director, Center for Research on Aging, School of Human Medicine, University of San Martín de Porres
- Medical Director, Bamboo Senior Health Services

Leonel Lozano Vásquez

- Physician, Chacarilla Clinic
- National Director of Biomedical Services (IPD)

Gabriela Carriquiry, MD

- Institute of Tropical Medicine, Universidade Peruana Cayetano Heredia

Nielsen Tapia Escarcena

- President, Peruvian Society of Exercise Medicine (SOPEMED)
- Sports Medicine specialty coordinator, University of Peruana Cayetano Heredia (UPCH)

## 2018 Goals

---

- Promote EIM education programs to the Ministry of Health as a public health policy
  - Involve state health authorities and medical societies in physical activity prescription programs
  - Include physical activity as a vital sign in the patient's medical history
  - Evaluate, through the participation of a multidisciplinary team, how to apply the principles of evaluation and screening for physical activity in regular medical practice.
  - Involve medical specialists and general physicians in efforts to promote physical activity as part of their activities in health care systems through the participation in EIM training courses
  - Give more EIM training courses and develop two centers for the EIM course north of the country in the city of Chiclayo and another to the south in the city of Arequipa
  - Involve physicians, who have completed the EIM training, in the training of new health professionals
- 

## Accomplishments to Date

---

- Participated in the International Course of Physical Activity and Public Health "Policies and Strategies in the Fight Against Sedentarism" organized by RAFA PANA (2018)
- Participated in the XIV Peruvian Nutrition & Food Congress (2018)
- In November 2018, we have a presentation at the congress of the Peruvian Association of Obesity & Arteriosclerosis

**Exercise**  
**is Medicine**<sup>®</sup>  
**Peru**