



Malgorzata (Gosia) Perl (left) and Anna Plucik-Mrozek (right)

Medical Director

Anna Plucik-Mrozek

Sport Director

Malgorzata (Gosia) 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 more than 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

Affiliation

Anna Plucik-Mrozek, MD	<ul style="list-style-type: none"> • Internal Medicine specialist, Medcover • Medical expert for Perla Wellness Fitness Club
Malgorzata (Gosia) Perl	<ul style="list-style-type: none"> • Master of Physical Education Warsaw Academy of Physical Education • Owner, Perla Wellness Fitness Club
Marek Kuch, MD Professor	<ul style="list-style-type: none"> • Dean, 2nd Faculty of Medicine, Medical University of Warsaw • Department Head, Heart Failure & Cardiac Rehab • Chair, Cardiology, Hypertension & Internal Medicine
Ewa Kozdroń, Professor	<ul style="list-style-type: none"> • Department Head, Faculty of Tourism and Recreation, Warsaw Academy of Physical Education • President, Association of Sports Activity (Bakcyl) • European Association for the Promotion of Physical Activity 50+ (50+ ESPAR);
Artur Mamcarz, MD, Professor	<ul style="list-style-type: none"> • Deputy Dean of the 2nd Faculty of Medicine, Medical University of Warsaw • Department Head, Cardiology & Internal Medicine
Krzystof J. Filipiak, MD, PhD, FESC	<ul style="list-style-type: none"> • Department of Cardiology, Medical University of Warsaw • Board Member, Polish Society of Arterial Hypertension
Aleksandra Łuszczynska, PhD	<ul style="list-style-type: none"> • Professor of Psychology, University of Social Sciences and Humanities, Wrocław, Poland • The Chair of Fellowship Committee, European Health Psychology Society • Past President, Division of Health Psychology

2018 Goals

- To organize a two-day conference about physical exercise in the prevention of chronic diseases organized for physicians, fitness trainers, nurses and physiotherapists
 - To conduct professional training (three-day) sessions for fitness professionals on physical activity and health, as well as the scope of practice between physicians and fitness trainers in the area of training patients with chronic diseases
 - To promote the idea of sports medicine for health among physicians, local and national government representatives, fitness trainers, and the general society through co-operation with academic institutions, businesses and media
 - To increase cooperation with physicians, local and national government representatives, and fitness trainers to make medical fitness recognizable and available to the majority of people in Poland
 - To organize additional “Walk for Health – Invite your Doctor” events in Polish cities to promote physical activity among Polish society
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Accomplishments to Date

- Published first EIM text book for doctors
- Hosted first “Walk for Health: Invite your Doctor” in September 2016 that involved 500+ participants
- Received grant funding from the National Health Program in the Ministry of Health for the “Walk for Health – Invite your Doctor” programme. This event was organized in six Polish cities in 2017 and involved more than 4,000 participants.
- Published several articles about EIM in Polish magazines, newspapers, and television interviews
- Involved representatives from the Ministry of Health, social insurance companies, and other leading health care and governmental organizations in EIM Poland initiatives
- Developed a partnership with the Medical University of Warsaw and the Warsaw Academy of Physical Education to offer 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
- Offered six sessions of the “Surprised with Age” programme (>200 participants) that 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.
- Developed a partnership with the Legionowo County Local Government to offer the “Surprised with Age” programme
- Developed “eco-fitness” holiday camps that focus on training designed to suit individual needs of the participants. The holiday camps involve a series of workshops run by a physician who discusses medical aspects of trainings and a series of motivational workshops run by a psychologist/health coach.
- Developed a formal partnership with “The Flower of Feminity,” an NGO which deals with the prevention of gynecological cancers, to provide professional exercise training consultation for women who have been diagnosed with, or cured, cancer.
- Published brochure about walking and Nordic Walking
- Published fairy tale for children “Jump for Health” with family exercises and healthy diet

Exercise
is Medicine[®]
Poland