



Dr. Michael Koutsilieris

National Center Director

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Host Institution – National and Kapodistrian University of Athens

The Athens Medical School has been operating since 1837 and has an active presence throughout Greece and internationally. Today, the work of University is carried out by 628 faculty members, impacting over 2,500 undergraduates, 3,000 graduate students and 3,000 doctoral candidates. Ongoing research contributes to making the School one of the world’s leading medical institutions.



National and Kapodistrian
University of Athens
EST. 1837

National Center Advisory Board Affiliation

Michael Koutsilieris, MD, PhD	<ul style="list-style-type: none"> • Professor of Experimental Physiology, Medical School, National & Kapodistrian University of Athens
Kostas Markou, MD, PhD,	<ul style="list-style-type: none"> • Professor of Endocrinology, Medical School, University of Patras • President, Central Council of National Health System, Greek Government
Michael Vlastarakos, MD, PhD	<ul style="list-style-type: none"> • President, Panhellenic Medical Association • Member, Executive Committee of the Central Council of National Health System, Greek Government
Yiannis Koutedakis, PhD	<ul style="list-style-type: none"> • Professor in Applied Physiology, Department of Physical Education and Sport Science, University of Thessaly
Evagelinou Christina, PhD	<ul style="list-style-type: none"> • Professor, Adapted Physical Education, School of Physical Education and Sports Science, Aristotle University of Thessaloniki

2019 Goals

- Recruit new members and stakeholders to the EIM National Advisory Board to widen the reach of the program throughout Greece
 - Establish a trusted network of local therapeutic exercise centers led by qualified professionals for referring patients from various clinical populations
 - Develop a curriculum to teach health professionals key exercise constructs for application to clinical practice, for prevention and management of lifestyle-related diseases, and incorporating the curriculum into a preventive medicine training program.
 - Promote physical exercise prescriptions to be incorporated in the health services of the National Health System
 - Search for additional sponsors to expand the activities of the National Center
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Accomplishments to Date

- Signed a cooperative agreement with the Medical School of the National & Kapodistrian University of Athens to serve as the host institution of EIM Greece
- Completion of an MOU with the American College of Sports Medicine to officially launch EIM Greece (2016)
- Creation of an official web page for EIM Greece in Greek
- Translation of the EIM/ACSM Guidelines for Exercise Prescription into Greek
- Development of a graduate Master's Degree Diploma in "Therapeutic Exercise" as a new direction of the Graduate Program "Molecular & Applied Physiology" of the Medical School of National & Kapodistrian University of Athens with participation from exercise scientists, physicians, nurses, and physical therapists
- Enrolled an initial class of 80 graduate students in the "Therapeutic Exercise" Master's program
- Formed an alliance with the National Health System of the Greek Government
- Trained 25 exercise professionals under the EIM umbrella and currently have more than 150 EIM trained individuals across the country
- Brought a proposal about the value of exercise to the board of directors of the Greek National Public Health System. The proposal was accepted, and the Ministry of Health now officially endorses exercise as complementary therapy for various chronic diseases
- Proposed guidelines for each disease (based on ACSM guidelines), where were also accepted and are now published on the Ministry of Health website
- Promotion of the proposal "Exercise is Medicine" in scientific medical associations, as well as in the society, by incorporating multiple scientific round tables/sessions in scientific conferences/meetings/social events throughout the country

Exercise
is Medicine[®]
Greece