



Dr. Michael Koutsilieris

**National Center Director**

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Professor

**Affiliation** - Medical School, National & Kapodistrian University of Athens

**National Center co-Manager**

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**National Center co-Manager**

Ioannis Pennas, M.S.c.

**Affiliation** – Director of the Hellenic Network of Fitness Certifications (HNFC)

**Host Institution – National and Kapodistrian University of Athens**

The Athens Medical School has been operating since 1837 and has an active presence throughout 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, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Professor of Experimental Physiology, Medical School, National &amp; Kapodistrian University of Athens</li> </ul>
Kostas Markou, M.D., Ph.D.,	<ul style="list-style-type: none"> <li>• Professor of Endocrinology, Medical School, University of Patras</li> <li>• President, Central Council of National Health System, Greek Government</li> </ul>
Michael Vlastarakos, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• President, Panhellenic Medical Association</li> <li>• Member, Executive Committee of the Central Council of National Health System, Greek Government</li> </ul>
Yiannis Koutedakis, Ph.D.	<ul style="list-style-type: none"> <li>• Professor in Applied Physiology, Department of Physical Education and Sport Science, University of Thessaly</li> </ul>
Christina Evaggelinou, Ph.D.	<ul style="list-style-type: none"> <li>• Professor, Adapted Physical Education, School of Physical Education and Sports Science, Aristotle University of Thessaloniki</li> </ul>
Gerasimos Filippatos, M.D., Ph.D., FESC, FCCP, FACC	<ul style="list-style-type: none"> <li>• Professor of Cardiology, Medical School, National and Kapodistrian university of Athens</li> <li>• Past President, Heart Failure Association of the European Society of Cardiology</li> </ul>
George Dimitriadis, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Professor of Pathology, Institute and Diabetes Center, Attikon University Hospital</li> </ul>

- Professor of Cardiology, Medical School, National and Kapodistrian University of Athens
  - President, Hellenic Society of Lipidology, Atherosclerosis, and Vascular Disease
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## 2020 Goals

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- Widen the EIM National Task Force and stakeholders throughout the country by increasing the participation/memberships of physicians, exercise scientists and other health professionals in our National Center in order to expand the networks of exercise professionals and health care providers
  - Establish a trusted network of local therapeutic exercise centers led by qualified professionals for referring patients from various clinical populations.
  - Promote physical exercise prescriptions to be incorporated in the health services of the National Health System
  - Advocate for a law to provide payment for exercise prescription
  - Develop an 'EIM Credential' and network of 'credentialed' exercise professionals to work with patients referred by the national health system
  - Develop a curriculum to teach health professionals key exercise constructs for application to clinical practice for the prevention and management of lifestyle-related diseases
  - Incorporate this curriculum into preventive medicine training programs
  - Search for additional sponsors to expand the activities of the National Center
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## Accomplishments to Date

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- Signed a cooperative agreement with the Medical School of the National & Kapodistrian University of Athens to serve as the host institution of EIM Greece
- Created an official web page for EIM Greece in Greek
- Completed and signed an MOU with the American College of Sports Medicine to officially launch EIM Greece (2016)
- Translated the EIM/ACSM Guidelines for Exercise Prescription into Greek
- Worked with the Greek Ministry of Health to gain approval for exercise as a part of national health guidelines (2019)
- Developed specific national exercise guidelines based on ACSM materials that were approved by the MOH and distributed to health care organizations nationally (2019)
- Developed a graduate Master's degree in "Therapeutic Exercise" as a new track of the Graduate Program "Molecular & Applied Physiology" of the Medical School of National & Kapodistrian University of Athens
- Integrated classes on "Exercise Physiology-Therapeutic Exercise" into the core curriculum of the undergraduate program at the Medical School of the National & Kapodistrian University of Athens
- 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
- Promoted of "Exercise is Medicine" in scientific medical associations through multiple scientific round tables/sessions at scientific conferences and meetings throughout Greece

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