



Dr. Yiannis Koutedakis

National Center Director

Yiannis Koutedakis, PhD

Affiliation - University of Thessaly

National Center co-Manager

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Affiliation - Medical School, National & Kapodistrian University of Athens

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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
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National Center Advisory Board Affiliation

Yiannis Koutedakis, PhD

- Dean and Professor, Applied Physiology, University of Thessaly

George Dimitriadis, MD, PhD

- Professor Emeritus, Medical School, National and Kapodistrian University of Athens

Athanasios Exadaktylos, MD, PhD

- Plastic Reconstruction & Hand Surgeon
- President, Panhellenic Medical Association
- Member, Executive Committee of the Central Council of National Health System, Greek Government

Athanasios Z. Jamourtas, PhD, FACSM

- Professor, Biochemistry of Exercise, School of Physical Education and Sport Science, University of Thessaly

Kostas Markou, MD, PhD,

- Professor of Endocrinology, Medical School, University of Patras
- Former President, Central Council of National Health System, Greek Government

George S. Metsios, PhD

- Professor, Clinical Exercise Physiology, University of Wolverhampton (UK)
- Professor, School of Physical Education and Sport Science, University of Thessaly

2021 Goals

- Widen the EIM National Task Force 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 that can be incorporated into preventive medicine training programs
 - Develop a network of EIM-trained health care providers who refer patients for physical activity/exercise in their clinic workflow
 - Establishment of a trusted network of local therapeutic exercise centers led by qualified professionals for referring patients from various clinical populations
 - 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
- Created of an official website (in Greek) for EIM Greece
- Worked with the Greek Ministry of Health to gain approval for exercise as a part of national health guidelines (2019)
- Met with the Greek Ministry of Health, followed by the development of a proposal to create a nationwide program to use physical activity within primary, secondary, and tertiary care for disease prevention across the Greek society (2020)
- Conducted eight round tables/sessions at medical conferences/meetings for the integration of exercise in clinical practice of various diseases (2020)
- Working with the Greek Association of Physical Medicine and Rehabilitation to organize a course based on exercise prescription for clinical populations (2020)
- Developed a publication on “Instructions for safe exercise and physical activity during the pandemic” that was published in national newspapers, websites of major Greek universities, and promoted by the National Public Health Organization (2020)
- Translation of the EIM/ACSM Guidelines for Exercise Prescription into Greek (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 track in “Therapeutic Exercise” within 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

Exercise
is Medicine[®]
Greece

- 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
 - Promotion of “Exercise is Medicine” in scientific medical associations through multiple scientific round tables/sessions at scientific conferences and meetings throughout Greece
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