



Naama Constantini, MD

National Center Director

Dr. Naama Constantini, MD,
DFM, FACSM

Affiliation

Hebrew University – Jerusalem

Host Institution – Hebrew University

The Hebrew University of Jerusalem, founded in 1918 and opened officially in 1925, is Israel's premier university, as well as its leading research institution. The Hebrew University is ranked among the 100 leading universities in the world and first among Israeli universities. The University offers a wide array of study opportunities in the humanities, social sciences, exact sciences and medicine. The Hebrew University has set its goals in training the public, providing scientific, educational and professional leadership; the preservation of and research into Jewish, cultural, spiritual and intellectual traditions; and the expansion of the boundaries of knowledge for the benefit of all humanity.



National Center Advisory Board

Affiliation

Naama Constantini, MD, DFM, FACSM

- Shaare Zedek Medical Center

Gal Dubnov-Raz, Prof, MD

- Sheba Medical Center, Pediatric & Sport Medicine Association

Eli Rosenberg, Prof, MD

- Israel Ministry of Health

Dan Tsivoni, Prof, MD

- Israel Cardiology Society & Sport For All

Diane Levine, PhD, MCHES, MPH

- Chair, Public Health National Council

Marina Segal, MD

- Israeli Family Physicians Association

Michal Azmon, PhD, PT

- IPTS (Israeli PhysioTherapy Society)

Dan Hertzog, Msc. Ot

- Clalit Health Services

Shmuel Giveon, MD, MPH

- Family Physician, Clalit Health Services

Yair Lahav, RD, Msc

- Israeli Dietetic Association

Yoni Yosef, MD

- Medical Corps, IDF

2019 Goals

- Continue offering EIM courses to physicians, nurses, physiotherapists, occupational therapists and nutritionists
 - Open and offer training courses for our medical students and thereafter to extend it to other Medical Schools throughout Israel
 - Launch EIM On Campus at the Hebrew University by 2020
 - Offer EIM courses to occupational therapists in the Clalit HMO and to students at Tel-Aviv University
 - Host 2019 annual conference on the topic “EIM for Females”
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Accomplishments to Date

- Formation of a National Center with the completion of an MOU with the American College of Sports Medicine (2015)
 - Hosted annual EIM conferences (six to date) including an international conference titled “Exercise is Medicine for the Brain” (2016) and “EIM in Pediatric Populations” (2018)
 - Promoted physical activity within Clalit Health Services (the largest HMO in Israel) to patients and staff
 - Promoted physical activity as a “quality index” for health systems
 - Inclusion of members from the Israel Ministry of Health and the National Council for Public Health on the EIM Advisory Board (2018)
 - Conducted two training courses in 2018 for nurses and physiotherapists that reached nearly 300 professionals
 - Hosted a 400-hour EIM training for nurses who will become physical activity advisors for their local communities
 - Leading a project called “Steps for Quality of Life” for cancer patients in most Israeli hospitals
 - Over 600 public health nurses working in ‘mother and child’ clinics began providing physical activity counseling to their clients
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