



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

Medical Director

Anna Plucik-Mrozek

Sport Director

Malgorzata (Gosia) Perl

National Center Manager

Małgorzata Prochownik

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 over 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

- Internal Medicine specialist, Medcover
- Medical expert for Perla Wellness Fitness Club

Malgorzata (Gosia) Perl

- Master of Physical Education Warsaw Academy of Physical Education
- Owner, Perla Wellness Fitness Club

Marek Kuch, MD Professor

- Dean, 2nd Faculty of Medicine, Medical University of Warsaw
- Department Head, Heart Failure & Cardiac Rehab
- Chair, Cardiology, Hypertension & Internal Medicine

Ewa Kozdroń, Professor

- 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);

Krzysztof J. Filipiak, MD, PhD, FESC

- Department of Cardiology, Medical University of Warsaw
- Board Member, Polish Society of Arterial Hypertension

Aleksandra Łuszczynska, PhD

- Professor of Psychology, University of Social Sciences and Humanities, Wrocław, Poland
- Chair, Fellowship Committee, European Health Psychology Society

2019 Goals

- 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.
 - 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.
 - Organize additional “Walk for Health – Invite your Doctor” events in Polish cities to promote physical activity among Polish society.
 - Continue talks with the Institute of Public Health and the Ministry of Health for a long-term campaign to introduce physical activity into the health care system
 - Engage in a social campaign 'Check your blood pressure before exercises'
 - Expand the “Walk for Health- Invite your Doctor” to a larger number of Polish cities
 - Host the 2nd Congress on Exercise is Medicine in Poland
 - Participate in the biggest fitness fair in Poland by giving lectures and workshops
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Accomplishments to Date

- Officially joined the EIM Global Health Network in June 2017
- Trained >100 health professionals and exercise professionals in 2018
- In September 2018, organized the 7th European Congress of Exercise is Medicine, which was attended by about 250 people - doctors, trainers, physiotherapists, nutritionists. The Congress was supported through honorary patronage by the Ministry of Health, Ministry of Sport, National Institute of Public Health, Institute of Mother and Child, Medical University of Warsaw
- Received grant funding from the National Health Program in the Ministry of Health to host the “Walk for Health – Invite your Doctor” program in six Polish cities in 2017
- Continued the health walk project in cooperation with the Ministry of Health. The walk was organized in 10 Polish cities on September 29, 2018 with >2500 people participating. To date, more than 4500 people have participated in the “Walk for Health” program.
- Conducted an educational campaign on physical activity as a medicine by preparing information brochures for participants on Nordic walking
- Published a guide for doctors and trainers 'Physical activity in chronic diseases' with recommendations on how to write down movement on prescription depending on the existing chronic disease
- Conducted workshops at the Medical University of Warsaw for students of medicine, physiotherapy, dietetics in the field of qualifications for exercises
- Hosted first “Walk for Health: Invite your Doctor” in September 2016 that involved 500+ participants
- Published first EIM textbooks for doctors, as well as several articles about EIM in Polish magazines, newspapers, and television interviews
- Involved representatives from the Ministry of Health, social insurance companies, and other leading healthcare 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

**Exercise
is Medicine®
Poland**

physical activity among chronic disease patients suffering from cardiovascular disease, cancer, diabetes and joint degenerative arthritis

- Offered 6 sessions of the “Surprised with Age” program (>200 participants) that included close cooperation between physicians, fitness trainers and dieticians in taking care of chronic disease patients, professional assessment of the patients’ abilities to participate in the training based on 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” program
 - Developed “eco-fitness” holiday camps that focus on training designed to suit individual needs of the participants. The holiday camps are run by physicians who discuss medical aspects of trainings and a series of motivational workshops run by a psychologist/health coach
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