



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

Medical Director

Anna Plucik-Mrozek, M.D.

Sport Director

Malgorzata (Gosia) Perl

Affiliation

Zaskoczeni Wiekiem (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, the university has provided education and training in medicine and pharmacy at undergraduate and postgraduate levels. The academic staff at the Medical University of Warsaw has gained national and international reputations for their contributions to the science and practice of medicine.



National Center Advisory Board

Affiliation

Anna Plucik-Mrozek, M.D.

- 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, M.D., Professor

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

Grzegorz Juszczyk

- Director, National Institute of Public Health

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, M.D., Ph.D., FESC

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

Aleksandra Łuszczynska, Ph.D.

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

2020 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/national government representatives, and fitness trainers to make medical fitness recognizable and available to the majority of people in Poland
 - Continue building the EIM brand through social and traditional media
 - Establish a formal collaboration with the National Healthcare Fund
 - Speak before Polish Congress on the importance of exercise in cancer care
 - Develop the “Active Family” program
 - Expand the “Walk for Health- Invite your Doctor” to a larger number of Polish cities
 - Host the 3rd Congress on Exercise is Medicine in Poland (October 2020)
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Accomplishments to Date

- Officially joined the EIM Global Health Network in June 2017
- Trained >450 health and exercise professionals in 2018 and 2019
- September 2018 - organized the 7th European Congress of Exercise is Medicine in Warsaw, which was attended by 250 people - doctors, trainers, physiotherapists and nutritionists. Congress was supported by the Ministry of Health, Ministry of Sport, National Institute of Public Health, Institute of Mother and Child, Medical University of Warsaw
- September 2019 - hosted the 2nd EIM Poland Congress supported by seven different sponsors and attended by health care providers and exercise professionals from around the country
- 2019 - participated in the “Measure Your Blood Pressure before Exercise” campaign along with the National Institute of Public Health
- Published first EIM textbook for doctors in Poland
- Published a guide for doctors and trainers 'Physical activity in chronic diseases' on how to prescribe movement depending on the existing chronic disease
- September 2016 - hosted first “Walk for Health: Invite your Doctor” in September 2016 that involved 500+ participants
- 2017 - Received grant funding from the National Health Program in the Ministry of Health to host “Walk for Health – Invite your Doctor” program in six Polish cities
- September 2018 - Continued the health walk in cooperation with the Ministry of Health in 10 Polish cities on September 29, 2018 with >2500 people.
- Conducted workshops at the Medical University of Warsaw for students in medicine, physiotherapy, dietetics in the field of qualifications for exercises
- 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 physical activity in 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 co-operation between physicians, fitness trainers and dieticians in taking care of chronic disease patients, professional assessment of the patients’ abilities to participate in the training on the basis of 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

**Exercise
is Medicine®
Poland**