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National Center Director

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Affiliation

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Universidad Politécnica de Madrid.

Host Institution – Spanish Exernet

EXERNET is a Spanish Research Network on Physical Activity and Health that aims to unite the efforts of different Spanish research groups in physical activity and health, in order to coordinate, harmonize and disseminate research in these specific fields of knowledge. Exernet strives to contribute to the scientific development of our area of expertise, give knowledge and contacts to the most notable researchers in the field, encourage new proposals, enhance relationships in our academic and professional environment, develop new lines of action challenged changes that occur in our social environment, discuss and agree on the implementation strategy of Exercise is Medicine in Spain.



National Center Advisory Board

Affiliation

Jose Antonio Casajús Mallén, MD, PhD

- President of EXERNET Physical Activity research group, University of Zaragoza

Marcela González –Gross, MD, PhD

- Research community, Universidad Politécnica de Madrid

Gerardo Rodríguez, MD

- Spanish Association of Pediatrics

José Luis Terreros Blanco, MD

- President, Spanish Agency for Health Care in Sports (AEPSAD)

Rafael Mico, MD

- President, Spanish Association of Primary Care Centers (SEMERGEN)

Francisco J. Tobal, MD

- President, Professional Sport Medicine and Physical Education College

2019 Goals

- Grow the EIM On Campus program throughout universities in Spain
 - Develop guidelines of exercise prescription based of scientific knowledge of each kind of diseases associated to inactivity
 - Set up workshops of nutrition and exercise guidelines for healthy lifestyle in children, adults and special population, for the prevention and treatment of non-communicable diseases associated to sedentary lifestyle (obesity, osteoporosis, diabetes, cardio and cerebrovascular diseases, cancer)
 - Set up training courses of PA guidelines and exercise prescription to health care professionals of national health care system
 - Coordinate and collaborate with all groups of our National Center Advisory Board to create new relationships
 - Cooperate with primary care centers and health institution centers to assess physical fitness and exercise prescription
 - Analyze the barriers and facilities in achieving physical activity guidelines in nurses and physicians in Madrid primary care centers by a focus group sessions and questionnaires
 - Expand EIM On Campus to at least three Spanish universities
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Accomplishments to Date

- Kicked off EIM Spain with a large media conference in Zaragoza in November of 2014
 - Designed the of EIM Spain website
 - In 2018, conducted 6 training courses with 60 health care providers
 - Implementation of EIM On Campus on the Campus University of Zaragoza and achieved gold recognition (2018)
 - Oral communication of EIM Spain at annual Spanish EXERNET meetings
 - Designed training courses on PA guidelines and exercise prescription to health care professionals of Madrid health care system
 - Held focus group sessions with a representative sample of nurses and physicians of Madrid primary health care centers to analyze the facilitators and barriers to physical activity promotion and prescription
 - Provided an oral communication of EIM Spain in the biannual Spanish 2016 and 2018 EXERNET meeting
 - Applied for European ERASMUS funding with other countries in the European EIM network
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Exercise
is Medicine®
Spain