



Meet the EIM Leader



Name:

Dr. Jürgen M. Steinacker

Background:

Physician, Internist, Cardiologist, Specialist in Rehabilitation
Medicine and Sports Medicine

What is your current work position and title?

I am currently a Professor of Medicine at the University of Ulm, Medical Center.

How and when did you get involved with EIM?

I was elected as chair of the European “Exercise is Medicine” attending the first Exercise is Medicine Europe Meeting in Cascais, Portugal on March 22, 2012. I have been there as delegate of the German Association for Sports Medicine and since then I work in this role.

How do you promote EIM through the work that you do?

As chair of EIM Europe, I promote the various discussions within other societies and associations within Europe with the Sports Unit of the European Commission and try to reach a commitment to spread the EIM initiative throughout Europe. We try to convince new countries to form an Exercise is Medicine National Center. Spain founded its Center on January 15, 2016 and Denmark will follow on September 5, 2016.

How has EIM influenced the work you do professionally and those you work with (your patients/clients/colleagues)?

Exercise is Medicine influences the whole work of our division at the University of Ulm. We deal with promoting EIM to our medical students so they can share with their patients and colleagues. We have started a student program at the University of Ulm, which is situated in Eselsberg; it is called “Der Eselsberg bewegt sich” or “The Eselsberg Mountain Moves”.

What are some of the challenges that you have faced in introducing and/or implementing EIM where you work?

The challenge in Europe is to communicate and translate the issues between a lot of nations with their national federations and associations with their own cultural tradition and background.

What are some of the successes that have you seen implementing EIM into your work?

In our local work we have had a lot of successes by passing along the message to the people.

What advice do you have for early career professionals wanting to promote and develop careers related to EIM?

With modern societies, questions of how to create or maintain a healthy and active lifestyle are important for patients as well as the whole population. Medical personnel, sports scientists and doctors have to cooperate and generate new ways of promoting health in our modern society. This will have a lot of potential for careers inside of EIM.