



Dr. Yiannis Koutedakis

National Center Director

Yiannis Koutedakis, Ph.D.

Affiliation - University of Thessaly

National Center co-Manager

Anastasios Philippou, Ph.D.

Affiliation - Medical School, National & Kapodistrian University of Athens

National Center co-Manager

Ioannis Pennas, M.Sc.

Affiliation – Director of the Hellenic Network of Fitness Certifications (HNFC)

Host Institution – National and Kapodistrian University of Athens

The Athens Medical School has been operating since 1837 and has an active presence throughout and internationally. Today, the work of University is carried out by 628 faculty members, impacting over 2,500 undergraduates, 3,000 graduate students and 3,000 doctoral candidates. Ongoing research contributes to making the School one of the world’s leading medical institutions.



National and Kapodistrian
University of Athens
EST. 1837

National Center Advisory Board Affiliation

Yiannis Koutedakis, Ph.D.	<ul style="list-style-type: none"> • Dean and Professor, Applied Physiology, University of Thessaly
George Dimitriadis, M.D., Ph.D.	<ul style="list-style-type: none"> • Professor Emeritus, Medical School, National and Kapodistrian University of Athens
Athanasios Exadaktylos, M.D., Ph.D.	<ul style="list-style-type: none"> • Plastic Reconstruction & Hand Surgeon, Senior Consultant • President, Panhellenic Medical Association • Member, Executive Committee of the Central Council of National Health System, Greek Government
Athanasios Z. Jamourtas, Ph.D., FACSM	<ul style="list-style-type: none"> • Professor, Biochemistry of Exercise, School of Physical Education and Sport Science, University of Thessaly
Kostas Markou, M.D., Ph.D.,	<ul style="list-style-type: none"> • Professor of Endocrinology, Medical School, University of Patras • Former President, Central Council of National Health System, Greek Government
George S. Metsios, Ph.D.	<ul style="list-style-type: none"> • Professor, Clinical Exercise Physiology, University of Wolverhampton (UK) • Professor, School of Physical Education and Sport Science, University of Thessaly

2022 Goals

- Widening EIM National Task Force by increasing the participation/memberships of physicians, exercise scientists and other health professionals to expand the networks of exercise professionals and health care providers across the country
 - Develop an 'EIM Credential' and network of 'credentialed' exercise professionals to work with patients referred by the national health system
 - Develop / improve a curriculum to teach health professionals key exercise constructs for application to clinical practice for the prevention and management of lifestyle-related diseases that can be incorporated into preventive medicine training programs
 - Establish a trusted network of local therapeutic exercise centers led by qualified professionals for referring patients from various clinical populations
 - Advocate for incorporation of exercise prescription in the National Health System services
 - Search for additional sponsors to expand the activities of the National Center
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Accomplishments to Date

- Signed a cooperative agreement with the Medical School of the National & Kapodistrian University of Athens to serve as the host institution of EIM Greece
 - Created of an official website (in Greek) for EIM Greece
 - Worked with the Greek Ministry of Health for acceptance of exercise as a part of national health guidelines (2019)
 - Involvement in 27 different activities in 2021 including webinars, presentations, and symposia on the benefits of exercise/physical activity in partnership with multiple Greek health societies, as well as a television interview by Dr, Koutedakis
 - In-depth EIM course provided to 50 members of the Greek Association of Physical Medicine and Rehabilitation (May-Oct 2021)
 - Developed a proposal to create a nationwide program to use physical activity within primary, secondary, and tertiary care for disease prevention across the Greek society (2020)
 - Conducted eight round tables/sessions at medical conferences/meetings for the integration of exercise in clinical practice of various diseases (2020)
 - Working with the Greek Association of Physical Medicine and Rehabilitation to organize a course based on exercise prescription for clinical populations (2020)
 - Developed a publication on "Instructions for safe exercise and physical activity during the pandemic" that was published in national newspapers, websites of major Greek universities, and promoted by the National Public Health Organization (2020)
 - Translation of the EIM/ACSM Guidelines for Exercise Prescription into Greek (2019)
 - Developed specific national exercise guidelines based on ACSM materials that were approved by the MOH and distributed to health care organizations nationally (2019)
 - Developed a graduate track in "Therapeutic Exercise" within the graduate program "Molecular & Applied Physiology" of the Medical School of National & Kapodistrian University of Athens
 - Integrated "Exercise Physiology & Therapeutic Exercise" into the undergraduate core curriculum at the Medical School of the National & Kapodistrian University of Athens
 - Formed an alliance with the National Health System of the Greek Government
 - Ongoing promotion of "Exercise is Medicine" in scientific medical associations through multiple scientific round tables/sessions at scientific conferences and meetings throughout Greece
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**Exercise
is Medicine[®]
Greece**