The Sport and Exercise Medicine Division of the University of Padova is the office of the Regional Centre with expertise in the therapeutic prescription of exercise in different chronic diseases. After a clinical evaluation, which includes cardiopulmonary exercise testing and strength and balance analysis, the Division Division provides patients with an adapted and tailored physical exercise prescription. Patients are subsequently referred to the institutional gym to start their activity program. The objective of the Centre is to create a regional clinical and outpatient network for the prescription and application of physical exercise as prevention and treatment modality in different non-communicable diseases.
2022 Goals

- Host the 10th Annual EIEIM Conference at the University of Padova
- To find sponsors for the EIEIM conference and EIM Italy
- Increase engagement and activity of advisory board members
- Develop an online workshop to educate general practitioners on exercise prescription
- Integrate EIM training into General Practice, as well as Sports and Exercise Medicine, beginning with the advisory board member institutions
- Increase stakeholder organizations on the EIM Italy Advisory Board (i.e., Italian Physiotherapy Association, Italian Society of Sports Science, Italian Federation of Sports Medicine)
- Continue implementing “Palestre della Salute” (Health Gyms) in pilot regions with the aim of forming a network of facilities throughout Italy

Accomplishments to Date

- Officially established the EIM Italy National Center in October 2019
- Developed EIM Italy website (https://exerciseismedicine.it) in 2021
- Conducted two trainings for 20 healthcare providers and another two trainings for 25 exercise professionals in 2020 during the coronavirus pandemic
- Representatives from the Italian Society of Obesity and Italian Committee of Motor Science joined the Advisory Board (2021)
- Obtained funding to organize an online course on exercise prescription in chronic diseases (2021)
- Conducted project involving exercise prescriptions in hospital outpatient clinics to assess physical activity levels and cardiovascular risk and referral to health gyms (2020-21)
- Wrote an article titled “The Economic Impact of Physical Activity in Different Chronic Conditions: A Regional Cost-Saving Pilot Study in Italy” (2021)
- Created different factsheets regarding the impact of exercise on chronic diseases to better reach and educate patients (2021)
- Completed a project with the Hospital of Brunico, which resulted in factsheets and brochures being produced in three languages, as well as video content for local media (2020-21)
- Translated and produced six handouts (in three languages) about exercise in different chronic diseases (2020)
- Performed a cost savings pilot study in the Veneto Region examining the economic impact of exercise in four chronic diseases (2020)
- Submitted a grant application to ERASMUS+ to develop and evaluate an EIM network in Italy