



Dr. Alejandro Cardenas

**National Center Director**

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**Affiliation**

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**Host Institution – Medical Society of Hospital Ángeles Pedregal**

The Pedregal Angeles Hospital’s Medical Society (SMHAP) is the host institution for the EIM Mexico National Center. The SMHAP is a non-profit dedicated to providing care for the general population and health

professionals with medical education, research, and training, promoting prevention of disease in community settings, and making health care in Mexico more efficient to provide the population with a better life quality. SMHAP was co-founded with the Group Angeles Health Services in 1986. It is part of one of the largest private health systems in Latin America, Angeles Hospital, an enterprise that counts with 24 hospitals around the nation. SMHAP has more than 3000 doctors, from which 2500 are registered at the Pedregal Angeles Hospital. There is a general agreement of interchangeable benefits between hospitals within the system and every two years there is a meeting with all head doctors involved with the medical society from each hospital.



**National Center Advisory Board**

**Affiliation**

Alejandro Cardenas Cejudo, M.D.	Hospital Ángeles del Pedregal
Carlos Lenin Pliego Reyes, M.D.	General Secretary, In Exercise Nutrition Health
Luis Francisco Molina Jaimes, M.D.	President, Mexican College of General Medicine
Alberto Orozco Gutiérrez, M.D.	Past President, Medical Society of Medica Hospital Ángeles de Pedregal
Gabriel Cherebetiu Domsa, M.D.	Executive Committee Member, Society of Sports Scientific Development
Joel Cervantes Tapia, M.D.	Executive Committee Member, Society of Sports Scientific Development
Alfonso Ledezma Robles, M.D.	Director of Partnerships, EIM Mexico
Jesus Alcantar, M.D.	Regional Central Task Force, Past President of CMIM
Francisco Rodal, M.D.	Regional Southwest Task Force, Faculty of Medicine, National Autonomous University of Mexico-Benito Juárez Autonomous University of Oaxaca, Oaxaca, Mexico

## 2022 Goals

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- Consolidate a relationship with the Ministry of Health and their public health programs
  - Collaborate with the Secretary of Health (CENAPRECE) to train all doctors in Mexico
  - Re-train the national teachers in the four main regions of Mexico to lead EIM workshops for healthcare providers
  - Continue hosting/presenting at national level forums at the national level on the health benefits of physical activity
  - Publish physical activity guidelines for diabetes with CENETEC (National Center of Technological Excellence in Health)
  - Engage in work involving physical activity in individuals with disabilities and to develop tools for health professionals working with this population of individuals
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## Accomplishments to Date

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- Officially established the EIM Mexico National Center in October 2017
  - Collaborated with 11 Mexican states for the training of doctors and health professionals
  - Hosted 20+ courses and trained 890 healthcare providers
  - Worked with the national health system to incorporate physical activity programs into their primary and secondary programs
  - Worked with the Secretary of Health, and the subdivision of medical care, to provide physicians with the tools to work with patients with disabilities
  - Trained >150 trained exercise professionals within their EIM network
  - Established 7 EIM On Campus programs throughout Mexico
  - Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
  - Worked with physicians, different professions, and the general public to provide education to improve the health of the country
  - Published numerous articles on Exercise is Medicine, as well as conducted radio interviews, presented at national and international conferences
  - Held two forums on economy and health and the impact of physical inactivity
  - Established a large media presence in 2021 that included:
    - 8 conferences on different topics such as oxidative stress and heart failure in athletes, impact of exercise in non-communicable diseases, and sudden death/heart failure in athletes that reached >5000 individuals
    - Conducted 8 radio interviews on the importance of physical activity that reached up to one million people
    - Published 20 articles on topics of medical interest and physical activity
  - Developed an online site to stream courses on topics related to physical activity and health
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**Exercise**  
**is Medicine**<sup>®</sup>  
**Mexico**