



Malgorzata (Gosia) Perl (left) and  
Anna Plucik-Mrozek (right)

## Medical Director

Anna Plucik-Mrozek

## Sport Director

Malgorzata (Gosia) Perl

## Manager

Malgorzata Prochownik

## Affiliation

Zaskoczeni Wiekem (Surprised by Age)

- An NGO where medicine meets sports – a matching of two crucial fields of knowledge that, when working together hand-in-hand, can cure even the most serious illnesses

## Host Institution – Medical University of Warsaw

The *Medical University of Warsaw* is one of the oldest medical schools in Poland. For over 200 years it has provided education and training in medicine and pharmacy at undergraduate and postgraduate levels. The academic staff at the Medical University of Warsaw have gained national and international reputations for their contributions to the science and practice of medicine.



## National Center Advisory Board

## Affiliation

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|--------------------------------------|---|
| Anna Plucik-Mrozek, MD               | <ul style="list-style-type: none"> <li>• Internal Medicine specialist, Medcover</li> <li>• Medical expert for Perla Wellness Fitness Club</li> </ul>  |
| Malgorzata (Gosia) Perl              | <ul style="list-style-type: none"> <li>• Master of Physical Education Warsaw Academy of Physical Education</li> <li>• Owner, Perla Wellness Fitness Club</li> </ul>   |
| Marek Kuch, MD Professor             | <ul style="list-style-type: none"> <li>• Dean, 2<sup>nd</sup> Faculty of Medicine, Medical University of Warsaw</li> <li>• Department Head, Heart Failure &amp; Cardiac Rehab</li> <li>• Chair, Cardiology, Hypertension &amp; Internal Medicine</li> </ul>   |
| Artur Mamcarz, MD Professor          | <ul style="list-style-type: none"> <li>• Deputy Dean, 2<sup>nd</sup> Faculty of Medicine, Medical University of Warsaw</li> <li>• Head, Department of Cardiology and Internal Medicine</li> </ul>   |
| Ewa Kozdroń, Professor               | <ul style="list-style-type: none"> <li>• Head of the Department of Recreation, Faculty of Tourism and Recreation, Warsaw Academy of Physical Education</li> <li>• President, Association of Sports Activity (Bakcyl)</li> <li>• European Association for the Promotion of Physical Activity 50+ (50+ ESPAR)</li> </ul>  |
| Krzysztof J. Filipiak, MD, PhD, FESC | <ul style="list-style-type: none"> <li>• Department of Cardiology, Medical University of Warsaw</li> <li>• Board Member, Polish Society of Arterial Hypertension</li> </ul>   |
| Aleksandra Łuszczynska, PhD          | <ul style="list-style-type: none"> <li>• Professor of Psychology, University of Social Sciences and Humanities, Wrocław, Poland</li> <li>• Chair, Fellowship Committee, European Health Psychology Society</li> <li>• Extended Board Member, Stress and Anxiety Research Society</li> <li>• Past President, Division of Health Psychology, International Association of Applied Psychology</li> </ul> |

## 2021 Goals

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- To promote the idea of sports medicine for health among physicians, local and national government representatives, fitness trainers, and the general society through co-operation with academic institutions, businesses and media
  - To increase cooperation with physicians, local/national government representatives, and fitness trainers to make medical fitness recognizable and available to the majority of people in Poland
  - To continue building the EIM brand through social and traditional media
  - To establish a formal collaboration with the National Healthcare Fund
  - To speak before Polish Congress on the importance of exercise in cancer care
  - To develop the “Active Family” programme
  - To expand the “Walk for Health- Invite your Doctor” to a larger number of Polish cities
  - To host the 3<sup>rd</sup> Congress on Exercise is Medicine in Poland (October 2020)
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## Accomplishments to Date

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- Officially joined the EIM Global Health Network in June 2017
- Trained >450 health and exercise professionals in 2018 and 2019
- Organized the 7th European Congress of Exercise is Medicine in Warsaw, attended by 250 people - doctors, trainers, physiotherapists, nutritionists – and supported by the Ministry of Health, Ministry of Sport, National Institute of Public Health, Institute of Mother and Child, Medical University of Warsaw (2018)
- Have since hosted 2nd and 3rd Annual EIM Poland Congresses attended by healthcare providers and exercise professionals from around the country (Sept 2019 & 2020)
- Participated in the “Measure Your Blood Pressure before Exercise” campaign with the National Institute of Public Health (2019)
- Published first EIM textbook for doctors in Poland
- Published a guide for doctors and trainers 'Physical activity in chronic diseases' on prescribing movement for individuals with different chronic diseases
- Hosted 1<sup>st</sup> “Walk for Health: Invite your Doctor” that involved 500+ participants (Sept 2016)
- Received grant funding from the National Health Program in the Ministry of Health to host “Walk for Health – Invite your Doctor” programme in six Polish cities (2017)
- Continued the health walk in cooperation with the Ministry of Health in 10 Polish cities on September 29, 2018 with >2500 people.
- Conducted workshops at the Medical University of Warsaw for students in medicine, physiotherapy, dietetics in the field of qualifications for exercises
- Developed a partnership with the Medical University of Warsaw and the Warsaw Academy of Physical Education to offer professional training sessions for physicians and fitness trainers on physical activity in chronic disease patients suffering from cardiovascular disease, cancer, diabetes and joint degenerative arthritis
- Offered 6 sessions of the “Surprised with Age” programme (>200 participants) involving physicians, fitness trainers and dieticians in taking care of patients with chronic disease
- Worked with the Ministry of Sport to start ‘active breaks’ in schools (2020)
- Began an ‘8 weeks to health’ program with the National Health Fund for all those wanting to increase their physical activity levels (2020)
- Started the ‘First Step to Health’ program for City of Warsaw residents (2020)
- Developed a series called “Morning Stretch with the National Health Fund” that was aired on national television and YouTube videos

**Exercise  
is Medicine®  
Poland**