



Georgia Torres, Ph.D.

**National Center Director**  
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**Affiliation**

Medical Services Director, Activate Health & Honorary Lecturer, Wits University, Center for Exercise Science and Sports Medicine

**Host Institution – South African Sports Medicine Association**



The South African Sports Medicine Association (SASMA) is a non-political, non-profit, multidisciplinary professional and scientific society dedicated to the motivation, responses, adaptation and health of people involved in sport and exercise. The objective of SASMA is to promote sport science and sport medicine to benefit the South African community through: arranging local, regional and national meetings of medical professionals, allied health professionals, scientists and educators, implementing educational programs for members and the general public, publication of educational materials, developing informed public statements in areas of concern to SASMA members and the general public, protecting the interests of its members, and encourage research in related fields.

**National Center Advisory Board Affiliation**

Georgia Torres, Ph.D.	<ul style="list-style-type: none"> <li>• Activate Health, Medical Services Director</li> <li>• Lecturer, Wits University, Center for Exercise Science and Sports Medicine</li> </ul>
Maggie Da Silva	<ul style="list-style-type: none"> <li>• Biokineticist</li> <li>• Represents Biokinetics Association of South Africa</li> </ul>
Demitri Constantinou, M.D.	<ul style="list-style-type: none"> <li>• Director, Centre for Exercise Science and Sports Medicine, University of the Witwatersrand</li> <li>• Focus: EIM implementation in undergraduate medical education curriculum</li> </ul>
Lee Archer	<ul style="list-style-type: none"> <li>• Director, Director, FitPro Health Education</li> <li>• Focus: Education &amp; promotion of EIM accreditation courses</li> </ul>
Samantha Dunbar, M.Sc.	<ul style="list-style-type: none"> <li>• Registered Physiotherapist &amp; Company Owner</li> <li>• Focus: South Africa Physiotherapy Association board representative to EIMSA</li> </ul>
Kevin Payne	<ul style="list-style-type: none"> <li>• Director, Penta Systems (Technogym South Africa)</li> <li>• Focus: EIM South Africa Corporate Ambassador</li> </ul>
Natalia Neophytou	<ul style="list-style-type: none"> <li>• Bioneticist, Wits University</li> <li>• Focus: EIM On Campus in South Africa</li> </ul>

## 2022 Goals

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- Increase 'household' awareness of EIM name within the health and wellness realm
  - Make EIM SA accreditation a desired and mandatory certification within health and fitness professional education
  - Create a registry of accredited exercise professionals that is available via a mobile phone application for physical activity referrals
  - Integrate an EIM curriculum as a core part of medical education and as a standard of care for primary health practitioners
  - Increase the EIM training and accreditation of South African health & fitness professionals
  - Invite key policy and national association officials to serve on the EIM SA advisory board to enhance the national footprint of EIM SA
  - Partner with South African government to increase use of community health workers to promote physical activity
  - Collaborate with professional associations to endorse EIM SA within their networks
  - Advocate for Discovery (national health insurance) to reimburse for exercise interventions
  - Partner with HealthWorks to get the PAVS introduced in their clinic process
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## Accomplishments to Date

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- Officially joined the EIM Global Health Network in March 2009
  - Since 2018, hosted 11 workshops training 185+ healthcare providers and 7 workshops training 57 exercise professionals
  - Now developing an online version of training programs (2020)
  - Working with Biokinetics Association of SA to get all of their biokineticists EIM certified (2021)
  - Integrated physical activity referral into Wits University campus health flow (2020)
  - Started a collaborative project with Healthworks (a medical practice chain) to implement the PAVS and referral to physical activity (2020)
  - Worked with City of Johannesburg to train community health workers to promote physical activity in all seven health regions (2019)
  - Implemented the EIM Solution in the Discovery med scheme headquarters gym (2018)
  - Hosted educational webinars every 2 months as part of young doctors strategy (2018)
  - Established 1<sup>st</sup> phase of integrating EIM into undergrad medical curriculum at Wits University (2018) - physical activity added to all years of undergraduate medical school (2019)
  - Completed an EIM accreditation course at the Biokinetic South African conference
  - Launched personal training sessions via accredited person trainers for the first time in May 2016
  - BASA and Physiotherapy Society officially joined EIM advisory board (2015)
  - Conducted EIM accreditation courses at the SASMA Congress (2013 & 2015) and the Biokinetic South African Conference (2016)
  - Launched EIM SA on-line accreditation course for Health Care Providers (2016)
  - Launched personal training sessions via accredited Personal Trainers (May 2016)
  - Coordinated an EIM pre-conference symposium at the PASHDA conference in Mozambique (2014)
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South Africa**