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National Center Director

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Host Institution – Spanish Exernet

EXERNET is a Spanish Research Network on Physical Activity and Health that aims to unite the efforts of different Spanish research groups in physical activity and health, in order to coordinate, harmonize and disseminate research in these specific fields of knowledge. Exernet strives to contribute to the scientific development of our area of expertise, give knowledge and contacts to the most notable researchers in the field, encourage new proposals, enhance relationships in our academic and professional environment, develop new lines of action challenged changes that occur in our social environment, discuss and agree on the implementation strategy of Exercise is Medicine in Spain.



National Center Advisory Board

Affiliation

Jose A Casajús, MD, PhD

- President of EXERNET and the Physical Activity research group, University of Zaragoza

Marcela González-Gross, MD, PhD

- Research Community, Universidad Politécnica de Madrid

José Luis Terreros Blanco, MD

- Sports Medicine specialist
- President, Spanish Agency for Health Care in Sports (AEPSAD)

Gerardo Rodríguez, MD, PhD

- Pediatrician specialist
- Spanish Association of Pediatrics (AEP)

Rafael Micó, MD, PhD

- Family Medicine physician
- Spanish Association of Family Medicine (SEMERGEN)

Francisco J. Tobal, MD, PhD

- Sports Medicine specialist
- President, Professional Sport Medicine and Physical Education College

2021 Goals

- Develop guidelines of exercise prescription based of scientific knowledge of each kind of diseases associated to inactivity
 - Establish a partnership with the national Ministry of Health, as well as local health authorities
 - Enhance cooperation with primary care centers and health institution centers to assess physical fitness and exercise prescription
 - Conduct training courses on PA guidelines and exercise prescription to health care professionals in the national healthcare system
 - Continue hosting workshops on nutrition and exercise guidelines for children, adults, and special population on preventing and treating non-communicable diseases associated with sedentary lifestyle (obesity, osteoporosis, diabetes, cardio and cerebrovascular diseases, cancer)
 - Coordinate work between all of the groups on the EIM Spain National Center Advisory Board and to create new relationships
 - Grow the EIM on Campus program throughout universities in Spain
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Accomplishments to Date

- Established the EIM Spain National Center in 2014 with a large media conference in Zaragoza
- Implementation of EIM On Campus on the Campus University of Zaragoza and gold recognition (2018)
- Since 2020, conducted 11 training courses with 150+ healthcare providers
- Designed training courses on PA guidelines and exercise prescription to health care professionals of Madrid healthcare system
- Sergio Calonge Pascual, the EIM Spain Manager, completed his PhD thesis "Context analysis in the development for future implementation of Exercise is Medicine® initiative as prevention and treatment resource for chronic diseases at Primary Healthcare settings" (November 2019)
- Provided an oral communication of EIM Spain in the biannual Spanish 2016 and 2018 EXERNET meeting
- EIM on Campus gold level recognition Zaragoza University and Universidad Politécnica de Madrid
- Applied for European ERASMUS funding with other countries in the European EIM network

**Exercise
is Medicine®
Spain**