

EIM Thailand



Prof Arth Nana

National Center Director

Arth Nana, MD

Affiliation

The Sports Science Society of Thailand

National Center Manager

Assist Prof Metta Pinthong

Affiliation

College of Sports Science and Technology, Mahidol University

Host Institution – Mahidol University

Mahidol University is determined to be a world class university that excels in health, sciences, arts, and innovation with integrity for the betterment of Thai society and the benefit of mankind. Within Mahidol University, the College of Sport Science and Technology and the Golden Jubilee Medical Center strives towards academic and service excellence in the fields of sports science by conducting pertinent research and teaching, as well as providing facilities for the promotion of physical activities and health of the general Thai population.



National Center Advisory Board

Affiliation

Professor Arth Nana

- The Sports Science Society of Thailand
- The Royal College of Medicine of Thailand
- College of Sports Science and Technology, Mahidol University
- Faculty of Medicine, Siriraj Hospital

Assist Prof Metta Pinthong

- College of Sport Science and Technology, Mahidol University
- The Sports Science Society of Thailand

Assist Prof Weerawat Limroongruengrat

- The Sports Science Society of Thailand
- The Physical Therapy Society of Thailand

Assist Prof Monchai Chottidao

- College of Sport Science and Technology, Mahidol University
- The Sports Science Society of Thailand

Dr. Korakod Panich

- The Royal College of Orthopedics of Thailand
- College of Sport Science and Technology, Mahidol University

Assist Prof Dr. Waree Wijaja

- The Nursing Society of Thailand

Dr. Saiphon Kongkhum

- The Sports Science Society of Thailand
- The Physical Therapy Society of Thailand

Asst Prof Dr. Wipawee Laksanakorn

- The Royal College of Physical Medicine and Rehabilitation of Thailand

2021 Goals

- Promoting the EIM brand to communities through the use of social media
 - Support medical schools to integrate training and experiential learning about physical activity into curriculum of medical students
 - Incorporate physical activity as a part of routine health care provider visits
 - Establish physical activity as a vital sign within the health care system and link health care professionals to fitness professionals for appropriate exercise prescription
 - Create a new format for expanding the EIM On Campus program
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Accomplishments to Date

- Officially established the EIM Thailand National Center in 2015
 - Conducted training workshops for healthcare providers
 - Integrated physical activity training into the 2nd and 3rd year of medical school at Srinakarinwirot University
 - Worked with the Golden Jubilee Medical Center to integrate EIM into their health system
 - Created practical EIM guidelines on prescribing exercise for specific groups/conditions
 - Media marketing of EIM through our website, Facebook, Roll Up, Booklet, and mass communication (TV, newspaper, and magazines)
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**Exercise
is Medicine®
Thailand**