



Dr. Christoforos Giannaki

National Center Director
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National Center co-Manager
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Co-Host Institutions – European University Cyprus & University of Nicosia

The University of Nicosia (UNIC) and the European University Cyprus (EUC) will serve as co-host institutions. Both UNIC and EUC are private universities dedicated to the promotion of science and professional competence through research and teaching. Both universities have medicine and sport science programs that collaborate on research and other projects for the promotion of exercise, both for prevention and supplementary treatment.



EUC is a thriving, international university, which grew out of Cyprus College over 60 years ago. Known for its student-centered, technology-driven, and employment-focused academics, EUC attracts students due to its rich past, its exciting present, and its bright future. European University Cyprus has been ranked with an overall assessment of 5-Stars by QS TOP UNIVERSITIES, receiving five stars for performance in the areas of teaching, employability, internationalization, online learning, inclusiveness and our medicine program for competitiveness and strength of the program.

UNIC is the largest private university in Cyprus with >14,000 students from over 100 countries across the globe. It is an independent, co-educational, equal opportunity institution of higher education, offering a wide range of programs to students. International in philosophy, the University hosts students from all over the world, in a multicultural learning environment, promoting friendship, cooperation, and understanding. The University pursues excellence in education through research and high teaching standards, in a continually improving academic environment.

National Center Advisory Board Affiliation

Nicos Kartakoullis, Ph.D.	• President of the Council, University of Nicosia, Cyprus
Petros Agathangelou, M.D.	• President of the Cyprus Medical Association
Georgios M. Hadjigeorgiou, M.D.	• Associate Dean, Medical School, University of Cyprus
Eliza Markidou, B.Sc., M.Sc.	• President, Quality of Life Committee, Cyprus Ministry of Health
Antonis Alexopoulos, Ph.D.	• President, Cyprus Sport Sciences and Physical Education Assoc • Lecturer, Sports Sociology, European University Cyprus
Maria Dourida Mitarachi, Ph.D.	• Consultant, Goodpath (Integrative Healthcare Company) • Physiotherapist & Visiting Faculty, University of Nicosia
Marios Pantzaris, M.D., Ph.D.	• Head of Neurology, Cyprus Institute of Neurology and Genetics

2022 Goals

- Increase the number of physicians and healthcare providers that receive EIM training and are actively engaged in the assessment, prescription, and counseling of physical activity in healthcare systems.
 - Increase the number of health and fitness professionals that receive EIM training and/or are certified by the EIM Cyprus National Center and are actively engaged in providing guidance to individuals based on the core EIM principles.
 - Integrate physical activity as a vital sign and implement principles of EIM into hospitals and healthcare systems throughout Cyprus.
 - Increase the number of health and fitness facilities that provide guidance and the execution of exercise as prescribed by the physicians as a part of the overall therapy.
 - Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.
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Accomplishments to Date

- Signed a cooperative agreement between the European University of Nicosia and the University of Nicosia to serve as co-host for the EIM Cyprus National Center
- Representative from the of EIM Cyprus National Center named to the Ministry of Health Quality-of-Life Committee
- Increased lobbying for exercise prescription and referral and exercise prescription has led to the creation of a sub-committee within the Ministry of Health with the purpose to include exercise as a supplementary therapy within the National Healthcare System (2022)
- Establishment of partnerships with governmental organizations (i.e., the Ministry of Health, the Cyprus Sports Organization) (2022)

**Exercise
is Medicine®
Cyprus**