



Dr. Anastassios Philippou

**National Center Director**

Anastassios Philippou, Ph.D.

**Affiliation** - Medical School, National

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**National Center Manager**

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**Affiliation** – Director of the Hellenic

Network of Fitness Certifications (HNFC)

**Host Institution – National and Kapodistrian University of Athens**

The Athens Medical School has been operating since 1837 and has an active presence throughout and internationally. Today, the work of University is carried out by 628 faculty members, impacting over 2,500 undergraduates, 3,000 graduate students and 3,000 doctoral candidates. Ongoing research contributes to making the School one of the world’s leading medical institutions.



National and Kapodistrian  
University of Athens

EST. 1837

**National Center Advisory Board Affiliation**

Anastassios Philippou, Ph.D.	<ul style="list-style-type: none"> <li>• Associate Professor, Medical School, National and Kapodistrian University of Athens</li> </ul>
Dimitrios T. Boumpas, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Professor, Medical School, National and Kapodistrian University of Athens</li> <li>• Institute for Biomedical Research of the Academy of Athens</li> <li>• President, Central Council of National Health System, Greek Government</li> </ul>
George Dimitriadis, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Professor Emeritus, Medical School, National and Kapodistrian University of Athens</li> </ul>
Athanasios Exadaktylos, M.D., Ph.D.	<ul style="list-style-type: none"> <li>• Plastic Reconstruction &amp; Hand Surgeon, Senior Consultant</li> <li>• President, Panhellenic Medical Association</li> <li>• Member, Executive Committee of the Central Council of National Health System, Greek Government</li> </ul>
Athanasios Z. Jamourtas, Ph.D.	<ul style="list-style-type: none"> <li>• Professor, School of Physical Education and Sport Science, University of Thessaly</li> </ul>
Kostas Markou, M.D., Ph.D.,	<ul style="list-style-type: none"> <li>• Professor, Medical School, University of Patras</li> <li>• Former President, Central Council of National Health System, Greek Government</li> </ul>
George S. Metsios, Ph.D.	<ul style="list-style-type: none"> <li>• Professor, Sport and Exercise Science, University of Wolverhampton (UK)</li> <li>• Professor, School of Physical Education and Sport Science, University of Thessaly</li> </ul>

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## 2023 Goals

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- Widen EIM National Task Force by increasing the participation/memberships of physicians, exercise scientists, and other health professionals in the EIM Greece National Center to expand the networks of exercise professionals and health care providers across the country
  - Develop a network of EIM-trained healthcare providers who refer patients to physical activity/exercise in their clinic workflow
  - Develop an 'EIM Credential' and network of 'credentialed' exercise professionals to work with patients referred by the national health system
  - Sign Memorandums of Understanding (MOUs) with scientific bodies and associations that have similar goals with those of EIM-Greece
  - Advocate for incorporation of exercise prescription in the National Health System services
  - Search for additional sponsors to expand the activities of the National Center
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## Accomplishments to Date

- Signed a cooperative agreement with the Medical School of the National & Kapodistrian University of Athens to serve as the host institution of EIM Greece
  - Created of an official website for EIM Greece
  - Worked with the Greek Ministry of Health for acceptance of exercise as a part of national health guidelines (2019)
    - Worked with MOH to establish a specific working group as a part of the Central Board of Health to establish therapeutic exercise within the national health system (2022)
  - Conducted 11 round tables on integrating exercise in clinical practice for >150 providers + 3 courses for >170 exercise scientists/physical educators with the support of the Ministry of Education (2022)
  - Organized an online conference titled "Exercise is Medicine: New Horizons" with the participation of distinguished speakers/members of the Greek National Center (2022)
  - Completed 27 different activities (webinars, presentations, and symposia on the benefits of exercise/physical activity, as well as a television interview by Dr. Koutedakis) (2021)
  - Provided an in-depth EIM course 50 members of the Greek Association of Physical Medicine and Rehabilitation (May-Oct 2021)
  - Developed a proposal to create a nationwide program to use physical activity within primary, secondary, and tertiary care for disease prevention across the Greek society (2020)
  - Conducted eight round tables/sessions at medical conferences/meetings for the integration of exercise in clinical practice of various diseases (2020)
  - Working with the Greek Association of Physical Medicine and Rehabilitation to organize a course based on exercise prescription for clinical populations (2020)
  - Developed a publication on "Instructions for safe exercise and physical activity during the pandemic" that was published in national newspapers, websites of major Greek universities, and promoted by the National Public Health Organization (2020)
  - Translation of the EIM/ACSM Guidelines for Exercise Prescription into Greek (2019)
  - Developed specific national exercise guidelines based on ACSM materials that were approved by the MOH and distributed to health care organizations nationally (2019)
  - Integrated "Exercise Physiology & Therapeutic Exercise" into the undergraduate core curriculum at the Medical School of the National & Kapodistrian University of Athens
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**Exercise  
is Medicine<sup>®</sup>  
Greece**