

EIM Poland



Malgorzata (Gosia) Perl

National Center Director
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National Center
Malgorzata Prochownik

Affiliation

Zaskoczeni Wiekciem (Surprised by Age)

- An NGO where medicine meets sports – a matching of two crucial fields of knowledge that, when working together hand-in-hand, can cure even the most serious illnesses

Host Institution – Medical University of Warsaw

The *Medical University of Warsaw* is one of the oldest medical schools in Poland. For over 200 years it has provided education and training in medicine and pharmacy at undergraduate and postgraduate levels. The academic staff at the Medical University of Warsaw have gained national and international reputations for their contributions to the science and practice of medicine.



National Center Advisory Board	Affiliation
Malgorzata (Gosia) Perl	<ul style="list-style-type: none"> • Master of Physical Education, Warsaw Academy of Physical Education • Owner, Perla Wellness Fitness Club
Krzysztof J. Filipiak, MD, PhD	<ul style="list-style-type: none"> • Chair, Department of Cardiology, Medical University of Warsaw • Board Member, Polish Society of Arterial Hypertension
Ewa Kozdroń, Professor	<ul style="list-style-type: none"> • Head of the Department of Recreation, Faculty of Tourism and Recreation, Józef Piłsudski Academy of Physical Education in Warsaw • President, Association of Sports Activity (Bakcył)
Marek Kuch, MD Professor	<ul style="list-style-type: none"> • Professor & Head of the Department, Clinic Cardiology, Hypertension, and International Medicine, Second Faculty of Medicine, Medical University of Warsaw
Aleksandra Łuszczynska, PhD	<ul style="list-style-type: none"> • Professor of Psychology, University of Social Sciences and Humanities, Wrocław, Poland • Chair, Fellowship Committee, European Health Psychology Society • Past President, Division of Health Psychology, International Association of Applied Psychology
Artur Mamcarz, MD Professor	<ul style="list-style-type: none"> • Chairman of the Council • Head, 3rd Department of International Medicine and Cardiology of the 2nd Faculty of Medicine, Medical University of Warsaw
Anna Szumilewicz, PhD	<ul style="list-style-type: none"> • Academy of Physical Education and Sport in Gdańsk

2023 Goals

- To partner with the Academy of Physical Education in Warsaw to host the 2023 EIM Poland annual congress
 - To promote the idea of sports medicine for health among physicians, local and national government representatives, fitness trainers, and the general society through co-operation with academic institutions, businesses, and media
 - To begin a project called “Active Family” with the Ministry of Sports
 - To conduct a greater number of workshops for exercise professionals and seniors
 - To host more community events, such as walks for health
 - Increase cooperation with the National Healthcare System
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Accomplishments to Date

- Officially joined the EIM Global Health Network in June 2017
- Trained >450 health and exercise professionals in 2018 and 2019
- Developed series of videos called ‘8 Weeks to Health’ with the National Health Fund to increase their physical activity levels (2020-21), viewed >250,000 times to date
 - In 2022, this series was made available to >40 million individuals in Poland through an app on their phones and through Academia NFZ social media
- Partnered with the Ministry of Sports on “Project Active Break” in local schools (2020-22)
- Participated in the “Measure Your Blood Pressure before Exercise” campaign with the National Institute of Public Health (2019)
- Started the ‘First Step to Health’ program for City of Warsaw residents (2020)
- Developed a series called “Morning Stretch with the National Health Fund” that was aired on national television and YouTube videos (2020)
- Organized the 7th European Congress of Exercise is Medicine in Warsaw, attended by 250 people - doctors, trainers, physiotherapists, nutritionists – and supported by the Ministry of Health, Ministry of Sport, National Institute of Public Health, Institute of Mother and Child, Medical University of Warsaw (2018). Have since hosted 2nd, 3rd, and 4th EIM Poland Congresses for healthcare providers and exercise professionals (2019-2021)
- Published first EIM textbook for doctors in Poland
- Published a guide for doctors and trainers 'Physical activity in chronic diseases' on prescribing movement for individuals with different chronic diseases
- Hosted 1st “Walk for Health: Invite your Doctor” that involved 500+ participants (Sept 2016)
- Received grant funding from the National Health Program in the Ministry of Health to host “Walk for Health – Invite your Doctor” programme in six Polish cities (2017)
- Continued the health walk in cooperation with the Ministry of Health in 10 Polish cities on September 29, 2018 with >2500 people.
- Conducted workshops at the Medical University of Warsaw for students in medicine, physiotherapy, dietetics in the field of qualifications for exercises
- Developed a partnership with the Medical University of Warsaw and the Warsaw Academy of Physical Education to offer professional training sessions for physicians and fitness trainers on physical activity in chronic disease patients suffering from cardiovascular disease, cancer, diabetes and joint degenerative arthritis
- Offered 6 sessions of the “Surprised with Age” programme (>200 participants) involving physicians, fitness trainers and dieticians in taking care of patients with chronic disease

**Exercise
is Medicine®
Poland**