



Dr. Anastassios Philippou

**National Center Director**  
Anastassios Philippou, Ph.D.

**Affiliation** - Medical School, National & Kapodistrian University of Athens

**National Center Manager**  
Ioannis Pennas, M.Sc.

**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>
Yiannis Koutedakis, Ph.D.	<ul style="list-style-type: none"> <li>Professor Emeritus, School of Physical Education and Sport Science, University of Thessaly</li> </ul>

## 2024 Goals

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- Develop a network of EIM-trained healthcare providers who refer patients to physical activity/exercise in their clinic workflow
  - Advocate for incorporation of exercise prescription in the National Health System services
  - Engage leaders from prominent sectors that align with the mission of EIM Greece (academia, healthcare, industry, and community organizations)
  - Develop an 'EIM Credential' and network of 'credentialed' exercise professionals to work with patients referred by the national health system
  - Search for additional sponsors to expand the activities of the National Center
  - Enhance the educational interaction and collaboration among graduate programs across Greece that offer EIM-related content
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## Accomplishments to Date

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- 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
- Inclusion of Secretary General of Sport in Greece as a part of EIM Greece (2023)
- Worked with the Greek Ministry of Health for acceptance of exercise as a part of national health guidelines (2019). This led to the establishment of a working group under the Central Board of Health to establish therapeutic exercise within the national health system (2022)
- Developed a research collaboration with three hospitals on incorporating clinical exercise training programs for patients with breast cancer and dementia (2023)
- Conducted 8 (2021), 11 (2022), and 15 (2023) round tables on integrating exercise in clinical practice for healthcare providers with the support of the Ministry of Education at medical conferences and scientific meetings
- Conducted 4 training courses on promoting EIM for exercise scientists and physical educator with the support of the Ministry of Education (2023)
- Signed MOUs with 4 scientific bodies in the field of medicine, rehabilitation, and exercise science
- 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)
- Working with the Greek Association of Physical Medicine and Rehabilitation to organize an EIM course based on exercise prescription for clinical populations (2020). This led to an in-depth for 50 members of the Greek Association of Physical Medicine and Rehabilitation (May 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)
- 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)
- 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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is Medicine<sup>®</sup>  
Greece**