



Malgorzata (Gosia) Perl

National Center Director

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Affiliation

Medical University of Warsaw

National Center

Malgorzata Prochownik

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

- Master of Physical Education, Warsaw Academy of Physical Education
- Owner, Perla Wellness Fitness Club

Krzysztof J. Filipiak, MD, PhD

- Chair, Department of Cardiology, Medical University of Warsaw
- Board Member, Polish Society of Arterial Hypertension

Ewa Kozdroń, Professor

- 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

- Professor & Head of the Department, Clinic Cardiology, Hypertension, and International Medicine, Second Faculty of Medicine, Medical University of Warsaw

Aleksandra Łuszczynska, PhD

- 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

- Chairman of the Council
- Head, 3rd Department of International Medicine and Cardiology of the 2nd Faculty of Medicine, Medical University of Warsaw

Hanna Nalecz, PhD

- Assistant Professor, Department of Pedagogy and Psychology, AWF Warsaw

Anna Szumilewicz, PhD

- Academy of Physical Education and Sport in Gdańsk

2024 Goals

- 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 increase cooperation with celebrities, actors, and ambassadors to program women's health and cancer prevention programs
 - To increase cooperation with the National Healthcare System
 - To host a joint conference with the Polish Lifestyle Medicine Association on the role of physical activity in diabetes education
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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 video series called '8 Weeks to Health' with the National Health Fund to increase their physical activity levels (2020-21), viewed >250,000 times
 - In 2022, series was made available to >40 million individuals in Poland through a phone app and through Academia NFZ social media
- Conducted reoccurring meetings on preventive care with the City of Warsaw (4x in 2023)
- Engaged in educational programming on PA for pregnant women – developed a handbook in close cooperation with midwives and nurses (2023)
- 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 (2018). 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 health walk in cooperation with the Ministry of Health in 10 Polish cities on Sept 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
- 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**