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National Center Director

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Universidad Politécnica de
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Host Institution – Spanish Exernet

EXERNET is a Spanish Research Network on Physical Activity and Health that aims to unite the efforts of different Spanish research groups in physical activity and health to coordinate, harmonize and disseminate research in these specific fields of knowledge. Exernet strives to contribute to the scientific development of our area of expertise, give knowledge and contacts to the most notable researchers in the field, encourage new proposals, enhance relationships in our academic and professional environment, develop new lines of action challenged changes that occur in our social environment, discuss and agree on the implementation strategy of Exercise is Medicine in Spain.



National Center Advisory Board

Affiliation

José Antonio Casajús Mallén, M.D., Ph.D.

- President of EXERNET and the Physical Activity research group
- Professor, University of Zaragoza

Marcela González-Gross, PharmD, Ph.D.

- Faculty, Universidad Politécnica de Madrid

José Luis Terreros Blanco, Ph.D.

- Sports Medicine specialist
- Director, Spanish Agency for Health Care in Sports (AEPSAD)

Gerardo Rodríguez, M.D., Ph.D.

- Pediatrician specialist
- Spanish Association of Pediatrics (AEP)

Rafael Micó, M.D., Ph.D.

- Family Medicine physician
- Spanish Association of Family Medicine (SEMERGEN)

Francisco J. Tobal, M.D., Ph.D.

- Sports Medicine specialist
- President, Professional Sport Medicine and Physical Education College

2024 Goals

- Develop guidelines for exercise prescription based on scientific knowledge of each disease
 - Establish a partnership with the Spanish Ministry of Health, as well as local health authorities
 - Conduct training courses on PA guidelines and exercise prescription to healthcare professionals in the national healthcare system
 - Host workshops and course for both exercise professional and healthcare providers on treating non-communicable diseases associated with physical activity
 - Enhance cooperation with primary care centers and health institution centers to assess physical fitness and exercise prescription
 - Coordinate work between the groups on the EIM Spain National Center Advisory Board and to create new relationships
 - Increase the EIM on Campus program throughout universities in Spain using the Exernet network
 - Develop a monograph on physical activity in patients with phenylketonuria
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Accomplishments to Date

- Established the EIM Spain National Center in 2014
 - Established EIM On Campus at the University of Zaragoza and received gold recognition (2018). Since then, the Universidad Politécnica de Madrid has also received EIM On Campus gold status
 - Conducted 2 training courses for physicians (n=60) and nurses (n=400) in a hybrid format (2023)
 - Collaborating with primary care medical centers to prescribe PA for the elderly (2023)
 - Hosted an EIM Satellite Symposium as part of the ECSS Congress in Cadiz, Spain (2022)
 - Formed a partnership with ABBOTT to develop an online course (2022)
 - Applied for European ERASMUS funding with other countries in the European EIM network (2019)
 - Since 2017, conducted 11 training courses with 150+ healthcare providers
 - Designed training courses on PA guidelines and exercise prescription to health care professionals of Madrid healthcare system
 - Sergio Calonge Pascual, the EIM Spain Manager, completed his PhD thesis "Context analysis in the development for future implementation of Exercise is Medicine® initiative as prevention and treatment resource for chronic diseases at Primary Healthcare settings" (2019)
 - Provided an oral communication of EIM Spain at the biannual EXERNET meetings (2016, 2018)
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**Exercise
is Medicine®
Spain**