



Dr. Sandra Mahecha

National Center Director

Sandra Mahecha, MD, PhD

Affiliation

Clínica MEDS



Host Institution – Clínica MEDS

Clínica MEDS started in 1992 and has become the main center for sports medicine in Chile. Clínica MEDS began through the work of a group of professionals from the Health Unit of the Olympic Committee of Chile (COCH) with the mission of delivering a high-quality, personalized care to ensure the quickest and best recovery of athletes. Clínica MEDS is recognized by athletes throughout Chile, as well as different sports organizations and associations worldwide. Through innovative concepts, high standards of safety and quality, and the delivery of comprehensive service, Clínica MEDS has achieved recognition as the best organization in rehabilitation and re-integration to physical activity and work of patients. Starting in 2015, Clínica MEDS developed a physical activity promotion area dedicated to taking the recommendations of physical activity for health to the community.

National Center Advisory Board Affiliation

Sandra Mahecha, MD, PhD	• Director of Physical Activity Promotion, Clínica MEDS
Phillip Foster, MD	• Sports and physical activity medicine physician, Pediatric Hospital Exequiel Gonzalez Cortés
Paulina Fuenzalida, MD	• Sports and physical activity medicine physician • Board Director, Chilean Society of Sports Medicine (SOCHMEDEP)
Diego García de la Pastora, MD	• Sports medicine physician, Fuerza Aérea de Chile (Chilean Air Force) and National Rugby Federation • Team doctor - Cóndores
María Ignacia Arteaga, MD	• Lifestyle medicine physician, Clínica MEDS • Professor, Pontificia Universidad Católica de Chile
Sandra Lanza, MD, MPH	• Family physician, Lifestyle Medicine Society
Sonia Roa, PT	• Physical therapist, Universidad del Desarrollo
Josivaldo de Souza-Lima, PhD	• Professor of Physical Education, Exercise and Health Sciences, Universidad Andrés Bello

2026 Goals

- Expand, diversify, and re-engage members of the EIM Chile Advisory Board
 - Record an update online EIM course for launch by the middle of the year
 - Organize a minimum of 2-3 in-person courses throughout the country
 - Raise awareness with public and private health institutions, as well as with the main medical societies, on the importance of assessing physical activity and providing recommendations to improve the health of the population
 - Increase the number of health professionals who are evaluating, prescribing, and advising physical activity to their patients by continuing to organize national training events for healthcare providers to educate them on the recommendations and benefits of physical activity for the promotion of health
 - Increase the number of medical students with basic knowledge about the benefits and recommendations of physical activity for health
 - Expand EIM On Campus to 1 or 2 universities in Chile
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Accomplishments to Date

- Established the EIM Chile National Center (August 2018)
 - Launched a website for EIM Latin America ([link](#))
 - Introduced an Exercise is Medicine workflow into Clínica MEDS, supported by two new sports medicine physicians (2025)
 - Launched an online workshop for healthcare providers (in Spanish) with participants coming from all corners of Latin America
 - Offered 3 online courses in 2022 attended by >325 healthcare providers, 5 online courses in 2023 attended by 538 healthcare providers, 4 online courses in 2024 attended by 50 healthcare providers and another 2 online courses in 2025
 - Conducted 4 virtual trainings for >100 exercise professionals (2024)
 - Developed a new partnership with the Ministry of Health to provide specialized physical activity trainings for their healthcare providers and exercise professionals (2022)
 - Delivered in-person EIM workshops for healthcare providers and exercise professionals in Southern Chile, Mexico, and Colombia (2022)
 - Clínica Meds launched a new NGO to reach underserved people in Santiago (2021)
 - Received sponsorship for in-person workshops from Abbott Pharmaceuticals (2016-19)
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