



Dr. Christoforos Giannaki

National Center Director

Christoforos Giannaki, PhD

Affiliation

University of Nicosia

National Center co-Manager

Antonis Alexopoulos, Ph.D.

Affiliation

European University Cyprus

National Center co-Manager

Ioannis Pennas, M.Sc.

Affiliation

Director, Hellenic Network of Fitness Certifications (HNFC)

Co-Host Institutions – European University Cyprus & University of Nicosia

The University of Nicosia (UNIC) and the European University Cyprus (EUC) serve as co-host institutions of EIM Cyprus. UNIC and EUC are private universities dedicated to promoting science and professional competence through research and teaching. Both universities have medicine and sport science programs that collaborate on research and other projects for the promotion of exercise and physical activity. EUC is a thriving, international university, known for its student-centered, technology-driven, and employment-focused academics. EUC attracts students due to its rich past, its exciting present, and its bright future. UNIC is the largest private university in Cyprus with >14,000 students from over 100 countries. It is an independent, equal opportunity institution of higher education, offering a wide range of programs. International in philosophy, the UNIC promotes a multicultural learning environment, friendship, cooperation, and understanding. UNIC pursues excellence in education through research and high teaching standards, in a continually improving academic environment.



EIM NC Advisory Board

Affiliation

Christoforos Giannaki, Ph.D.

- Associate Professor, School of Life and Health Sciences, University of Nicosia

Antonis Alexopoulos, Ph.D.

- President, Cyprus Sport Sciences and PE Association
- Lecturer, Sports Sociology, European University Cyprus

Petros Agathangelou, M.D.

- Cardiologist, President of the Cyprus Medical Association

Georgios M. Hadjigeorgiou, M.D.

- Associate Dean, Medical School, University of Cyprus

Nicos Kartakoullis, Ph.D.

- Professor of Sport Management, University of Nicosia
- President of the Council, University of Nicosia, Cyprus

Eliza Markidou, M.Sc.

- Clinical Nutritionist, Ministry of Health
- President, Quality of Life Committee, Ministry of Health

Maria Dourida Mitarachi, Ph.D.

- Physiotherapist & Visiting Faculty, University of Nicosia
- Consultant, Goodpath (Integrative Healthcare)

Marios Pantzaris, M.D.

- Head of Neurology, Cyprus Institute of Neurology and Genetics

2025 Goals

- Advocate for appropriate legislative amendments on laws regulating sport scientists/exercise professionals to create a new profession that has the right to work with clinical populations.
 - Initiative the first certification program, in cooperation with the National Sport Academy, for medical professionals and sport scientists.
 - Increase the number of healthcare providers that receive EIM training and are actively engaged in the assessment, prescription, and counseling of physical activity in healthcare systems.
 - Increase the number of health and fitness professionals that receive EIM training, are certified by EIM Cyprus, and are engaged in providing guidance to patients/individuals.
 - Integrate physical activity as a vital sign and implement EIM principles into hospitals and healthcare systems throughout Cyprus.
 - Increase the number of health and fitness facilities that provide guidance and the execution of exercise as prescribed by the physicians as a part of the overall therapy.
 - Increase the exposure of EIM to University and other educational campuses through the expansion of the EIM on Campus initiative.
 - Develop the first EIM On Campus programs at the University of Nicosia and the European University Cyprus.
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Accomplishments to Date

- Established EIM Cyprus National Center (2022)
 - Signed a cooperative agreement between the European University of Nicosia and the University of Nicosia to serve as co-hosts EIM Cyprus
 - Conducted an EIM training course for 40 healthcare providers (2024)
 - Representative from the Advisory Board named to serve on the Ministry of Health Quality of Life Committee
 - Increased lobbying for exercise prescription and referral and exercise prescription led to the creation of a MoH sub-committee to explore the inclusion of exercise as a supplementary therapy within the national healthcare system (2022)
 - Establishment of partnerships with governmental organizations (e.g., MoH, Cyprus Sports Organization) (2022)
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