



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.



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens

EIM Greece Advisory Board

Affiliation

Anastassios Philippou, Ph.D.

- Professor, Medical School, National and Kapodistrian University of Athens

George Dimitriadis, M.D., Ph.D.

- Professor Emeritus, Medical School, National and Kapodistrian University of Athens

Athanasios Exadaktylos, M.D., Ph.D.

- Plastic Reconstruction & Hand Surgeon, Senior Consultant
- President, Panhellenic Medical Association
- Member, Executive Committee of the Central Council of National Health System, Greek Government

Athanasios Z. Jamourtas, Ph.D.

- Professor, School of Physical Education and Sport Science, University of Thessaly

Yiannis Koutedakis, Ph.D.

- Professor Emeritus, School of Physical Education and Sport Science, University of Thessaly

Kostas Markou, M.D., Ph.D.,

- Professor, Medical School, University of Patras
- Former President, Central Council of National Health System, Greek Government

2025 Goals

- Develop a network of EIM-trained healthcare providers who refer patients to physical activity/exercise in their clinic workflow
 - Widen EIM National Center Advisory Board to include physicians and other health professionals
 - Sign MOUs with scientific bodies and associations that share similar goals and enhance synergies
 - 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 a network of 'credentialed' exercise professionals to work with patients referred by the national health system
 - Establish trusted network of local therapeutic exercise centers led by qualified exercise professionals
 - Host 2024 EIM Europe regional meeting as part of 2nd International Conference on EIM
 - Enhance the educational interaction and collaboration among graduate programs across Greece that offer EIM-related content
-

Accomplishments to Date

- Established EIM Greece National Center (2016)
 - Hosted 1st International Conference on Exercise is Medicine (2024)
 - Inclusion of Greek Secretary General of Sport 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), which led to the establishment of therapeutic exercise within the national health system (2022)
 - Established research collaborations with six hospitals to incorporate clinical exercise training programs for patients with breast cancer, obesity, diabetes, dementia, and pregnant women (2023)
 - Conducted 8 (2021), 11 (2022), and 15 (2023) round tables on integrating exercise in clinical practice for healthcare providers at medical conferences and scientific meetings
 - Conducted training courses promoting EIM for exercise scientists and physical educators with the support of the Ministry of Education (2024, n=70; 2023, n=40)
 - Started a Sport and Exercise Committee at the University of Athens to promote EIM on Campus in each of the 42 Faculties of the university, incorporating guidelines for 'physical activity vital sign' into the University's practice of preparticipation screening in sport and exercise on campus, utilizing existing University gyms and establishing new EIM on Campus facilities (2024)
 - Organized an online conference titled "Exercise is Medicine: New Horizons" with the participation of distinguished speakers/members of the Greek National Center (2022)
 - Worked with the Greek Association of Physical Medicine and Rehabilitation to organize an EIM course based on exercise prescription for clinical populations (2020), attended by 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)
 - Published guidelines for safe exercise during COVID pandemic in national newspapers, major Greek universities websites, 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
-