



Dr. Yutaka Kimura

National Center Director

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Host Institution – The Japanese Association of Exercise Therapy & Prevention

The Japanese Association of Exercise Therapy and Prevention (JAETP) is the host institution for the EIM Japan National Center. The role of the JAETP is to promote and contribute to the progress of interdisciplinary research in medical and sport sciences to prevent and treat chronic diseases.



EIM NC Advisory Board

Affiliation

Yutaka Kimura, M.D.	• Professor, Kansai Medical University
Mikio Hiura, M.D.	• Physician, Aomori University
Shigeru Makita, M.D.	• Cardiologist & Professor, Saitama Medical University • Representative, Japanese Association of Cardiac Rehabilitation
Motohiko Miyachi, Ph.D.	• Exercise Physiologist & Professor, Waseda University • Representative, Japanese Society of Physical Fitness and Sports Medicine
Ryoichi Nagatomi, Ph.D.	• Professor, Tohoku University • Representative, The Japanese Society of Physical Fitness and Sports Medicine
Yuko Oguma, M.D.	• Physician & Associate Professor, Keio University • Representative, Japanese Association of Exercise Epidemiology
Taizo Sakamoto, M.D.	• Physician, Representative, Japan Medical Association
Shinji Sato, Ph.D.	• Clinical Exercise Physiologist & Professor, Teikyo Heisei University • Representative, Japanese Association of Exercise Therapy and Prevention
Yoshifumi Tamura, M.D.	• Diabetes specialist & Associate Professor, Juntendo University • Representative, Japan Diabetes Society
Akira Torii, M.D.	• Family physician, Representative, Tokyo Medical Association

2025 Goals

- Work with Tokyo Medical Association to integrate EIM into the healthcare system in Tokyo
 - Develop a patient referral workflow that bridges the clinic and the local exercise community
 - Increase the number of healthcare providers that receive the EIM training course and are actively engaged in the assessment, prescription, and counseling of physical activity
 - Increase the number of exercise professionals that receive the EIM training course and are certified by EIM
 - Participate and spread awareness of EIM Japan at medical/health meetings throughout Japan
 - Establish a special committee to oversee the growth of EIM On Campus in Japan.
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Accomplishments to Date

- Officially established the EIM Japan National Center (2018)
- Monthly case conferences for medical and exercise professionals (2024)
- Hosted a two-day, hybrid meeting for the EIM Asia region that was attended by >30 EIM leaders from across the region (2022)
- Project with Tokyo Metropolitan Medical Association to develop a patient referral workflow by bridging clinic with the local exercise community (2021)
- Working with the Ministry of Economy, Trade, and Industry to integrate EIM into the national health system (2021)
- Developed an app with the Ministry of Economy, Trade, and Industry to help doctors 'match' their patients with qualified exercise professionals (2021)
- Dr. Daichi Suzuki, General of the Japan Sports Agency, attended the 2019 EIM World Congress and spoke on sports implementation in Japan, as well as cooperation between the Ministry of Health, Labor and Welfare and Sports Agency for Health Promotion (2019)
- Japanese Cabinet announced a new policy to institutionalize physical activity assessment into the national health care system (2019)
- Created a standard exercise program to make it easier for healthcare providers to refer patients to existing community resources by developing a network of exercise professional linked to the Japanese Association of Clinical Exercise Physiologists (JCEP) (Dec 2019)
- The Tokyo Medical Association launch a pilot experiment to integrate physical activity assessment, prescription, and patient referral as a standard in patient care (2020)
- Tokyo's Governor Koike stated that "Health promotion in Tokyo is in line with the purpose of EIM" at the Tokyo Metropolitan Assembly (March 2020)
- Generated nearly \$20,000 in fundraising from four partners (2020)
- Started an EIM On Campus program at Osaka Sangyo University
- Worked with the Ministry of Health, Labor, and Welfare to assess health promotion facilities and development of exercise programs