



Dr. Alejandro Cardenas

National Center Director

Alejandro Cardenas Cejudo, M.D.

Affiliation

Hospital Ángeles del Pedregal

National Center Manager

Carlos Lenin Pliego Reyes, M.D.

Affiliation

Hospital Ángeles del Pedregal

Host Institution – Medical Society of Hospital Ángeles Pedregal

The Pedregal Angeles Hospital's Medical Society (SMHAP) is the host institution for the EIM Mexico National Center. The SMHAP is a non-profit dedicated to providing care for the general population and health professionals with medical education, research, and training, promoting prevention of disease in community settings and making health care in Mexico more efficient to provide the population with a better life quality. SMHAP was co-founded with the Group Angeles Health Services in 1986. The hospital is part of one of the largest private health systems in Latin America, an enterprise that consists of 24 hospitals and more than 3000 doctors around the nation.



National Center Advisory Board

Affiliation

Alejandro Cárdenas Cejudo, M.D.

- Hospital Ángeles del Pedregal
- Advisory Board member, CIMM and SMHAP

Joel Cervantes, M.D.

- Sports Medicine physician
- Executive Committee, Society for Scientific Sports Development

Julio C. Davila, M.D.

- Internal Medicine/Geriatrics physician
- Executive Committee Member, Committee of Geriatrics National Association

Jose Ma Huerta, M.D.

- President, Medical Society of Medica Hospital Ángeles de Pedregal (SMHAP)

Luis Francisco Molina James, M.D.

- Representative, College of General Medicine

Carlos Lenin Pliego, M.D.

- General Secretary, In Exercise Nutrition Health
- President, National Council of Internal Medicine

2025 Goals

- Develop a relationship with the Ministry of Health and their public health programs
 - Collaborate with the Secretary of Health (CENAPRECE) to train all doctors in Mexico
 - Re-train the national teachers in the four main regions of Mexico to provide EIM workshops for healthcare providers
 - Continue hosting/presenting at national level forums at the national level on the health benefits of physical activity (HAP, SMHAP)
 - Publish physical activity guidelines for diabetes with CENETEC (National Center of Technological Excellence in Health)
 - Engage in work involving physical activity in individuals with disabilities and to develop tools for health professionals working with this population of individuals
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Accomplishments to Date

- Officially established the EIM Mexico National Center (2017)
 - Collaborated with 11 Mexican states for the training of doctors and health professionals
 - Hosted 20+ courses and trained 890 healthcare providers
 - Worked with the national health system to incorporate physical activity programs into their primary and secondary programs
 - Worked with the Secretary of Health, and the subdivision of medical care, to provide physicians with the tools to work with patients with disabilities
 - Trained >150 trained exercise professionals within their EIM network
 - Established 7 EIM On Campus programs throughout Mexico
 - Developed a clinical practice guide for the prescription of physical exercise in patients with diabetes mellitus for use across Mexico
 - Worked with physicians, different professions, and the general public to provide education to improve the health of the country
 - Published numerous articles on Exercise is Medicine, as well as conducted radio interviews, presented at national and international conferences
 - Held two forums on economy and health and the impact of physical inactivity
 - Established a large media presence that included (2021):
 - Presented at 8 conferences on different topics such as impact of exercise in non-communicable diseases that reached >5000 individuals
 - Conducted 8 radio interviews on the importance of physical activity that reached up to 1 million people
 - Published 20 articles on topics of physical activity and health
 - Developed an online site to stream courses on topics related to physical activity and health
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