



Malgorzata (Gosia) Perl

National Center Director

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Affiliation

Medical University of Warsaw

National Center Manager

Malgorzata Prochownik

Host Institution – Medical University of Warsaw

The *Medical University of Warsaw* is one of the oldest medical schools in Poland. For over 200 years it has provided education and training in medicine and pharmacy at undergraduate and postgraduate levels. The academic staff at the Medical University of Warsaw have gained national and international reputations for their contributions to the science and practice of medicine.



NC Advisory Board

Affiliation

Malgorzata (Gosia) Perl

- Master of Physical Education, Warsaw Academy of Physical Education
- Owner, Perla Wellness Fitness Club

Krzysztof J. Filipiak, MD, PhD

- Professor, Department of Cardiology & Deputy Rector, Medical University of Warsaw
- Chairman, Polish Society of Arterial Hypertension

Marek Kuch, MD, PhD

- Professor, Cardiology & Internal Medicine, Prorector, Medical University of Warsaw

Aleksandra Łuszczyńska, PhD

- Professor of Psychology, Head of the CARE-BEH Center for Applied Research on Health Behavior, University of Social Sciences and Humanities, Faculty of Psychology in Wrocław

Artur Mamcarz, MD, PhD

- Chairman of the Council
- Department of International Medicine and Cardiology, Medical University of Warsaw

Anna Szumilewicz, PhD

- Associate Professor, Gdansk University of Physical Education and Sport (AWFiS)
- Vice-President, Council for Education and Training of Physical Culture Professionals

2026 Goals

- Expand promotion of Global Active Mother's Day and promote it nationally and globally
 - Partner on a project of Ministry of Science and Higher Education
 - Focus on activities for pregnant women through webinars, research, and translating scientific knowledge into practical recommendations for exercise professionals
 - Promote sports medicine for health among physicians, local and national government representatives, fitness trainers, and the general society through co-operation with academic institutions, businesses, and media
 - Increase cooperation with the National Healthcare System
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Accomplishments to Date

- Officially launched EIM Poland National Center (2017)
 - Developed a referral network of patients being referred by doctors from Wieliszew health centres and hospitals to exercise professionals (2025)
 - Conducted a workshop for 30 exercise professionals who specialize in working with pregnant women (2025)
 - Part of government program ('Stop Obesity') featuring regular national TV presentations (2025)
 - Presented at a major fitness industry conference to >1300 attendees on PA and pregnancy at the Polish Association of Lifestyle Medicine conference (2024)
 - Developed series of videos called '8 Weeks to Health' with the National Health Fund to increase their physical activity levels (2020-21), viewed >250,000 times to date. Made available to >40 million individuals in Poland through an app and through Academia NFZ social media (2022)
 - Started the 'First Step to Health' program for Warsaw residents (2020)
 - Developed a series called "Morning Stretch with the National Health Fund" that was aired on national television and YouTube videos (2020)
 - Participated in the "Measure Your Blood Pressure before Exercise" campaign with the National Institute of Public Health (2019)
 - Organized 7th European Congress of Exercise is Medicine in Warsaw, supported by Ministry of Health, Ministry of Sport, National Institute of Public Health, Medical University of Warsaw (2018)
 - Hosted EIM Poland Congresses for healthcare providers and exercise pros (2019-2021)
 - Published first EIM textbook (Physical activity in chronic diseases), as well as a guide, for doctors and trainers in Poland, for prescribing movement for individuals with chronic diseases
 - Hosted 1st "Walk for Health: Invite your Doctor" that involved 500+ participants (Sept 2016). Received grant funding from the National Health Program in the Ministry of Health to host "Walk for Health – Invite your Doctor" programme in six Polish cities (2017). Continued the health walk in cooperation with the Ministry of Health in 10 Polish cities with >2500 people (2018)
 - Conducted workshops at the Medical University of Warsaw for students in medicine, physiotherapy, dietetics in the field of qualifications for exercises (2018)
 - Partnered with Medical University of Warsaw and Warsaw Academy of Physical Education to train physicians and fitness trainers on PA in patients with cardiovascular disease, cancer, diabetes and degenerative arthritis
 - Offered the "Surprised with Age" program to >200 participants (e.g., physicians, fitness trainers and dieticians) who take care of patients with chronic disease
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