



Dr. Michael Koutsilieris

National Center Director

Michael Koutsilieris, MD, PhD,
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Affiliation - Medical School, National & Kapodistrian University of Athens

Affiliation - Medical School, National & Kapodistrian University of Athens

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 Greece and internationally. Today, the work of the University is carried out by 628 faculty members, impacting more than 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.



National and Kapodistrian
University of Athens
EST. 1837

National Center Advisory Board Affiliation

Michael Koutsilieris, MD, PhD	<ul style="list-style-type: none"> • Professor of Experimental Physiology, Medical School, National & Kapodistrian University of Athens
Kostas Markou, MD, PhD,	<ul style="list-style-type: none"> • Professor of Endocrinology, Medical School, University of Patras • President, Central Council of National Health System, Greek Government
Michael Vlastarakos, MD, PhD	<ul style="list-style-type: none"> • President, Panhellenic Medical Association • Member, Executive Committee of the Central Council of National Health System, Greek Government
Yiannis Koutedakis, PhD	<ul style="list-style-type: none"> • Professor in Applied Physiology, Department of Physical Education and Sport Science, University of Thessaly
Evaggelinou Christina, PhD	<ul style="list-style-type: none"> • Professor, Adapted Physical Education, School of Physical Education and Sports Science, Aristotle University of Thessaloniki

2018 Goals

- Recruit new members and stakeholders to the EIM National Advisory Board to widen the reach of the program throughout Greece
 - Establish a trusted network of local therapeutic exercise centers led by qualified professionals for referring patients from various clinical populations
 - Add “Exercise is Medicine” intervention protocols for chronic diseases in the curriculum of the newly established direction specialty of “Therapeutic Exercise” within the “Molecular & Applied Physiology” graduate program at the Medical School of National & Kapodistrian University of Athens
 - Develop a curriculum to teach health professionals key exercise constructs for application to clinical practice, for prevention and management of lifestyle-related diseases, and to incorporate the curriculum into a preventive medicine training program
 - Promote physical exercise prescriptions to be incorporated in the health services of the National Health System
 - Search for additional sponsors to expand the activities of the National Center
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Accomplishments to Date

- Signed a cooperative agreement with the Medical School of the National & Kapodistrian University of Athens to serve as the host institution of EIM Greece
 - Completed MOU with the American College of Sports Medicine to officially launch EIM Greece (2016)
 - Created an official web page for EIM Greece in Greek language
 - Translated the EIM/ACSM Guidelines for Exercise Prescription into Greek
 - Developed a graduate Masters’ Degree Diploma in “Therapeutic Exercise” as a new direction of the Graduate Program “Molecular & Applied Physiology” of the Medical School of National & Kapodistrian University of Athens
 - Formed an alliance with the National Health System of the Greek Government
 - Promotion of therapeutic exercise as a complementary intervention for preventing/treating chronic diseases by presenting the proposal “Exercise is Medicine” to the National Central Council of Health
 - Promotion of the proposal “Exercise is Medicine” in scientific medical associations, as well as in the society, by incorporating multiple scientific round tables/sessions in scientific conferences/meetings/social events throughout the country
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Exercise
is Medicine[®]
Greece