

# EIM Costa Rica



Dr. Alvaro Barrenechea

## National Center Director

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## National Center Manager

tbd

## Affiliation

ACEM Orthopaedic Surgeon. Physical Education & Sports – Instituto Multispa

## Host Institution – Universidad de Ciencias Medicas

The Universidad de Ciencias Médicas (UCIMED; University of Medical Sciences) is a non-profit foundation, which forms an integral way and trains the best professionals in health sciences, quality, responsibility, social awareness and high ethical and humanitarian standards. By vocation, UCIMED is a university committed to excellence, the high-level scientific research, university extension and welfare of society.



## NC Advisory Board

## Professional Affiliation

Dr. Alvaro Barrenechea	Primary Care Physician and Exercise Professional (Instituto Multi Spa)
Liseth Villalobos	ACEM - Exercise professional (ICODER)
Dr. Luis Zamora	Universidad Ciencias Médicas (UCIMED), Dean of Medicine Faculty
Dr. Mario Chaves	Primary Care Physician, Multispa Medical
Dr. Guillermo Jimenez	ACEM - Endocrinologist (UCIMED)
Alejandro Villegas	ACEM - Exercise Professional
Luis Fernando Aragón, PhD	Universidad de Costa Rica. FACSM. Exercise Physiologist.
Dr. Jaime Tortós	ACEM - Cardiology
Margarita Claramunt	Dietitian - Ministerio de Salud

## 2015 Goals

- In 2015, we are planning to develop six courses for the training of healthcare professionals. Parallel to these courses, we will conduct a similar number of courses for exercise and other health professionals to provide support and a comprehensive network within EIM CR.
- Likewise, we also plan to continue promoting EIM CR and the role of physical activity in health care by participating in different conferences, symposiums and workshops.

## Past Accomplishments

- EIM CR has trained and certified 91 physician and 48 exercise professionals in 2014
- EIM CR Board Members presented at several conferences including: a) VI Simposio Internacional de Aterosclerosis, b) XX Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, c) XI Congreso de Salud Ocupacional de la CCSS, and d) Reunión Regional Directores Circuito Escolar 04
- An active program at the St. Jude School with more than 700 students and 114 faculty members
- EIM CR's facebook page has 1420 likes